# Networking as Self-Governance: Activity Template

Use this worksheet during the interactive activity to reflect on your current network and opportunities for growth.

## 1. Identify Your Current Network

List 5 people you already know in a professional or academic context:

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## 2. Nurturing Your Connections

For each person listed above, answer the following:

• What have I done recently to stay in touch or offer support?

• What could I do to reconnect or help them?

## 3. One Action This Week

What’s one step I will take this week to grow or nurture my network?

Remember: Genuine networking means building relationships grounded in service, respect, and authenticity.