

Get Connected

To yourself. To others. To the world around you.

A meaningful life is built one experience at a time.

Before the story of you

FIRST EXPERIENCE / ABOUT 10 MINUTES

There is the living world. The ground beneath you. Water moving around you. Air touching your skin. Light and warmth changing across the day.

You are part of this world. Begin by getting connected to your surroundings.

Choose a place you can comfortably reach

A garden, a familiar path, a doorway or a window all work. You can sit, stand or move. Start with two minutes if ten feels too much.

Notice three things

1. What is here? Notice a sound, a colour, a texture or movement.
2. What effect is this place having on you?
3. What effect might your presence have on this place?

> Keep your phone available if you need it for safety or access; silence distractions if you can. Dress for the conditions. Stay somewhere suitable for your ability. No special equipment or challenge is required.

Pause here. Spend your time noticing, then turn the page.

What did you find?

A few words are enough. There are no right answers.

Where were you, and what drew your attention?

What effect did the place have on you?

You might feel settled, distracted, curious, uncomfortable or no different.

What did you notice about your effect on the place?

A footprint, a sound, giving an animal space, or something you are unsure about.

> Example: I heard a bird before I saw it. I slowed down. When I moved closer, it flew away. Next time I will watch from farther back.

A guide for living with attention

SOLOVISM is a way of life built around connection: to yourself, to others, and to the world around you.

A meaningful life is built one experience at a time.

This workbook helps you notice your surroundings, learn from an experience and choose one next step. Feeling alive can be quiet: a useful conversation, making something or spending time in a familiar place.

Use the route that fits your day

A short first pass

You began on pages 2-3. Continue to pages 5-7, plan on page 20, then use pages 22-24 to experience, reflect and carry something forward.

Explore more when it helps

The four elements: pages 8-11.

Your tree: pages 12-17.

Words for what matters: page 18.

A step that takes courage: page 19.

A completed plan example: page 21.

Write, sketch or speak your answers into a recording. Skip a question, return later or keep an answer private. Use ordinary moments; you do not need a trip, money or a dramatic story.

Three ways to get connected

Connection starts with attention. You do not need a special destination, a challenge, or a particular kind of life to begin.

01 THE WORLD AROUND YOU

What is here? What effect is this place having on you? What effect might your presence have on it?

02 OTHERS

Who is part of this moment? What are they expressing? How can you make room to listen, share, or care?

03 YOURSELF

What is happening in your attention, feelings or choices? What seems important to you right now?

Where could you practise this today?

A rhythm to return to: notice, choose and prepare, experience, reflect, carry forward.

An experience that stayed with you

Think of a moment when you felt engaged, connected or alive. A quiet moment counts. If nothing comes to mind, describe something you noticed recently.

What happened? Where were you, and who was there?

What about that moment mattered to you?

> Example: I fixed a bike with my child. We had time together, solved a problem and laughed when we got it wrong.

An experience you want to create

Choose something you would like more of. It can be small enough to do this week. You can change your mind after trying it.

What would you like to experience?

A walk, a conversation, a creative project, learning a skill or time with someone.

What draws you toward it?

What is getting in the way?

Time, cost, access, energy, uncertainty or something else.

What would a smaller, realistic version look like?

Four ways to notice

Choose a question that helps. You do not need to find all four.

Earth, Water, Air and Fire are metaphors in this Guide: familiar parts of nature that offer questions about life. They are not a scientific explanation or a personality system.



EARTH / SUPPORT

What holds you up?

People, places, resources and habits.



WATER / MOVEMENT

What is changing?

Where could you adapt or find another way?



AIR / ATTENTION

What becomes clearer?

What might you notice or explore with more space?



FIRE / ENERGY

What deserves your energy?

What helps you sustain it?

Which question is useful to you right now?

Support and change

EARTH / What holds you up?

A tree depends on the ground it grows in. Your circumstances also affect what is possible. Support might be a person, a routine, a safe place or access to what you need.

What supports you? What support would help next?

WATER / What is changing?

Water finds different routes through a landscape. When a plan meets a limit, you can pause, ask for help or choose another route. Adapting does not mean pretending a loss is easy.

Where could a different approach help?

Space and energy

AIR / What becomes clearer?

Wind becomes visible through what it moves. A pause can help you notice influences you missed: expectations, distractions, other people or your own assumptions.

What do you notice when you stop or slow down?

FIRE / Where does your energy go?

A fire needs suitable conditions and care. Your effort needs care too. Curiosity may start something; rest, support and a realistic pace help you continue.

What deserves your energy? What would make it sustainable?

Notice the four around you

10-20 MINUTES, OR A LENGTH THAT SUITS YOU

Return to a suitable place outdoors or beside a window. Choose one prompt or explore all four. You can observe without touching, collecting or disturbing anything.

EARTH

Notice a surface, a rock, soil or a plant. What offers support?

WATER

Notice rain, moisture, a puddle or water nearby. What is moving or changing?

AIR

Notice wind or a sound travelling to you. What draws your attention?

FIRE

Notice sunlight, warmth or the energy you bring. What gives or uses energy?

> You do not need to find every element. Never light a fire, enter water or approach a hazard to complete this exercise.

What did you notice? What does it bring to mind in your life?

One picture of a growing life

What shaped you. What you practise. Where you are growing. What you give.



SEED

An interest, question or possibility.

SOIL AND ROOTS

Your setting, history, people, values and support.

TRUNK, RINGS AND BARK

What you practise, seasons lived and boundaries.

BRANCHES AND LEAVES

Possible directions and what is alive today.

FRUIT AND SEEDS

What you share and what it may make possible.

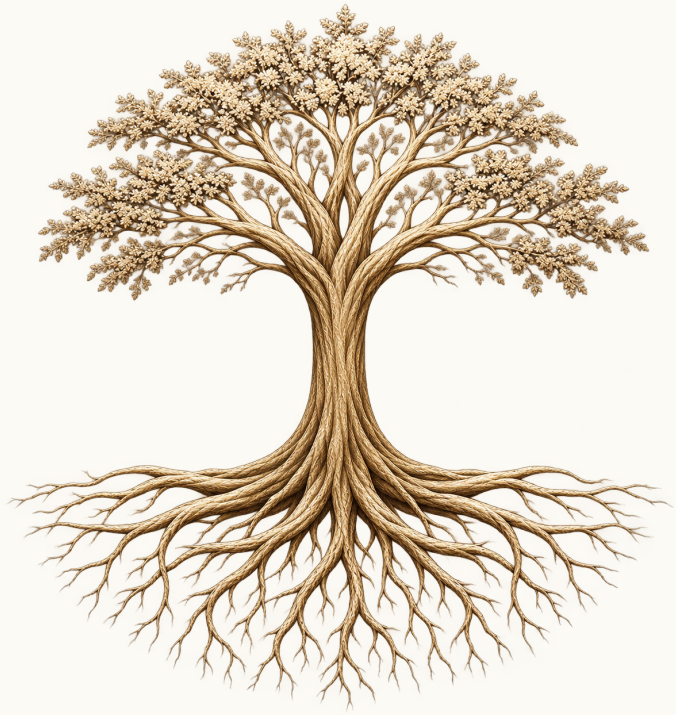
FOREST

The people and living world you depend on and affect.

Explore the parts that help you. Your life has its own shape.

Give your tree meaning

Use a few words. You do not need to fill every space.



ROOTS

What supports or has shaped you?

TRUNK

What do you practise?

BRANCHES

What direction interests you?

LEAVES

What is alive in your days?

FRUIT AND SEEDS / What could you share or help grow?

The next pages let you explore any part that interests you.

Soil, roots and a seed

Your soil is the setting you live in: people, resources, expectations and access. Roots are the experiences, values and support you draw on. A seed is one possibility you might care for.

What people, places or experiences have shaped you?

What in your current surroundings helps you? What needs support?

What small possibility would you like to care for?

Trunk, rings and bark

The trunk stands for what you practise. Rings remind you that life has seasons. Bark suggests boundaries that protect what matters. These images can help you reflect without judging your life as strong or weak.

What repeated action reflects a value you care about?

For example: making time to listen reflects care.

What has this season of your life asked of you?

You may write about recovery, work, joy, uncertainty, rest or something else.

What boundary or support would help you now?

Branches and leaves

Branches suggest possible directions. Leaves stand for the experiences and relationships active in your life now. A direction can change; you do not need to settle your whole future.

Which direction would you like to explore?

What is already alive in your days that you want to protect?

What small experience could help you explore that direction?

Fruit, seeds and the forest

Fruit is something useful you offer: time, care, a skill, a story or something you make. Seeds are possibilities your contribution may create. The forest reminds you that your life grows alongside other lives.

What could you share? Who would find it useful?

Who helps you grow? How could you care for that connection?

When something ends

A tree returns material to its surroundings. In your life, an ending may leave learning or a changed relationship. It may also be a loss you do not want to explain. You choose what to carry forward.

Optional: what would you like to keep, change or let rest?

Words for what an experience brings

If a word helps you describe an experience or choose your next one, use it. These are prompts, not requirements. You can choose your own word.

Wonder / Noticing something that surprises or moves you.

Curiosity / Wanting to explore a question.

Presence / Giving attention to what is happening.

Courage / Taking a considered step while feeling afraid.

Commitment / Making room for something and returning to it.

Belonging / Feeling welcome, included or connected.

Play / Trying, imagining or enjoying without needing a result.

Making / Turning an idea into something real.

Gratitude / Recognising something you value or appreciate.

Giving back / Offering useful care, time or skill.

What would you like more of? Choose one word, or write your own.

A considered next step

Courage can be asking a question, making a first attempt or seeking help. Fear may point to something that matters, a real hazard or both. You can pause, stop or choose a smaller step.

What step matters to you?

What do you need first?

Think about skill, help, time, equipment, consent or professional guidance.

What would make you pause, stop or change the plan?

Afterward: what happened, and what did you learn?

Plan one experience

You can go directly here from page 7.

What will you do, and why does it matter?

Where, when and with whom?

Include a date or a specific opportunity. Ask others before including them.

What is a realistic amount of time and money?

What needs to be arranged first?

Access, ability, energy, travel, weather, help, equipment or consent.

What could make you stop or change the plan? What is your alternative?

What is your first step, and when will you take it?

Small enough to happen

The experience

A 20-minute walk with a friend on a familiar, accessible route.

Why it matters

I want time together where I listen without rushing.

Where, when and with whom

Saturday at 10 a.m., after my friend confirms. Meet at the park entrance.

Time and money

20 minutes together, plus travel. No purchase needed.

What to arrange

Ask the friend, check the route and weather, and choose a pace that suits both of us.

When to change the plan

If the route or weather is unsuitable, sit somewhere accessible or have a phone conversation instead.

First step

Send the invitation on Thursday afternoon.

What I will notice

The place around us, my urge to interrupt and whether I leave room for my friend to speak.

> The plan is useful when it makes the experience easier to live. It does not need to be ambitious, impressive or perfect.

Go into the moment

You have made a plan. Now give the experience your attention.

Before you begin

Check the conditions and whether the plan still fits. Confirm that anyone involved wants to take part. Adjust if your needs, energy or circumstances have changed.

While you are there

Notice the place and people, what they bring out in you and what you bring to them. You can enjoy yourself without trying to extract a lesson.

If you want to record it

Photos, film, sketches and notes can be part of the experience. Ask before recording others, and choose a moment that allows you to take part as well.

Care for the place and people

Respect local rules, wildlife, privacy and the needs of others. Leave with the things you brought. Choose a level of activity that suits you.

Optional: one detail to remember, or the date you took part

Return to page 23 when you are ready.

After the experience

A few sentences are enough. An ordinary or disappointing result is still useful.

What actually happened?

What stayed with you? How did it feel?

It is fine if you did not feel more alive.

What did you notice about your effect on people or the place?

What would you repeat or change?

Give what you noticed a place

Reflection becomes useful when it changes something you choose, practise or share. One small step is enough.

What do you want to remember?

What will you do with it? When?

Who could benefit from it, if anyone?

Sharing is an invitation. You do not owe anyone your private experience.

Optional: where might it fit on your tree?

A root, a practice, a direction, something lived today or something shared.

> Example: I felt more connected when I listened without rushing. I will leave my phone aside during dinner on Tuesday and ask one question before giving advice.

Keep a simple record

Use this page for your next experiences. Revisit the plan on page 20 whenever it helps. You do not need a streak or a fixed schedule.

EXPERIENCE 1

What happened, and when?

One thing to carry forward

EXPERIENCE 2

What happened, and when?

One thing to carry forward

EXPERIENCE 3

What happened, and when?

One thing to carry forward

A meaningful life is built one experience at a time.

The SOLOVISM way

This guide began with a place, an experience and a question: what makes you feel most alive? The answer is personal. The practice is something we can share.

SOLOVISM

THE WAY OF LIFE

Choose connection with your surroundings, with others and with yourself.

GET CONNECTED

THE PRACTICE

Notice. Choose. Experience. Reflect. Carry something meaningful forward.

SOLOVIST

THE PERSON

Someone who keeps choosing to live that practice, one experience at a time.

ONE QUESTION TO CARRY WITH YOU

I feel most alive when...



You are now a SOLOVIST.

You have completed your first practice of SOLOVISM. What comes next is a choice you can return to throughout your life.

THE SOLOVIST COMMITMENT

I choose to get connected.
To the world around me. To others. To myself.
One meaningful experience at a time.

MY NEXT MEANINGFUL EXPERIENCE

An invitation to stay connected

Finishing this guide is a beginning. The SOLOVIST Club is an invitation to stay curious, discover what matters, and connect with others who want to live with attention.

AN INVITATION, NEVER AN OBLIGATION

Joining will be free and optional. Completing the workbook does not automatically sign you up. When the club opens, you can choose to share your email and hear about future guides, gatherings, and experiences as they take shape.

YOUR NEXT CONNECTION

Think of one person you would like to share a meaningful experience with. What could you invite them to do?

KEEP THE CONNECTION GOING

When the invitation opens on the SOLOVISM website, you can decide whether to join the club. Your workbook and reflection remain yours either way.



SOLOVISM / GUIDE 01

Certificate of Completion

PRESENTED TO

FOR COMPLETING

Get Connected

Recognized as a SOLOVIST

For completing the first guide in the SOLOVISM way of life and choosing to keep getting connected.

DATE

MITCH CHEEK

Founder, SOLOVISM

This certificate recognizes personal completion of Guide 01, not professional accreditation.