

Chapter 5 Resources

Build Relationships

Reflection Questions · Builder Exercises · AI in Action

REFLECTION QUESTIONS

Reflect on these before moving on. Write your answers somewhere you will return to.

1. Who is truly in your inner circle right now? Are they pulling you up, or quietly pulling you toward the middle?
2. Which weak ties, former teammates, coaches, or acquaintances, have you let go dormant that you should reconnect with?
3. When you reach out to people, is it more often to give something or to get something? Be honest.
4. What community do you genuinely care about, and how could you start showing up for it consistently?

BUILDER EXERCISES

Relationships are built by action, not intention. Each of these takes under an hour.

1. Map your Three Circles. On one page, draw the three circles and write real names into each: your Inner Circle, your active Network, and the Community you serve. Notice which circle is thin. That is where to invest.
2. Revive five weak ties. Make a list of five people you have lost touch with who once mattered. Send each one a short, genuine message this week, asking for nothing. Just reconnect.
3. Make a give-first move. Choose one person and give first, with no agenda. Make an introduction, share something useful, or offer real help. Do it before the end of the week.
4. Build a relationship rhythm. Set a simple, repeatable cadence for staying in touch, even just one thoughtful message a day to someone you have not spoken to in a while. Consistency beats intensity.

AI IN ACTION

Used carelessly, AI can make your relationships worse, flooding people with generic, soulless messages they can smell from a mile away. Used well, it can help you be more thoughtful, more prepared, and more present. The difference is whether you use it to fake care or to support real care.

Try this before your next important meeting or reconnection.

“I am about to reconnect with [name], who I know from [context]. Here is what I remember about them and what they care about: [details]. Help me think of three genuine, specific ways I could be useful to them, and a few thoughtful questions I could ask that show real interest. Do not write a fake message for me. Help me prepare to have a real conversation.”

You can also use AI as a memory system, the thing most people fail at. Keep simple notes on the people you care about, what is happening in their lives, what they are working on, then ask the assistant to remind you who you have not connected with in a while and suggest a genuine reason to reach out.

But hold the line on one rule. Never let the machine counterfeit your sincerity. A relationship is one human caring about another, and that cannot be outsourced. Let AI help you remember and prepare. Let the caring stay yours.