

BEACON


Chapter 2

Belonging

Lesson 2
KNOCK – A blueprint
for belonging

ThriveAbility





**Hanh's story...
The difference
connection and
belonging can make**



“I’ve been reminded how much I love being around people”

A photograph of two people, an older woman with short grey hair and a younger woman with blonde hair in a ponytail, sitting together in a red rope hammock. They are both wearing dark blue puffer jackets and are looking away from the camera towards a calm river. The river is surrounded by lush green trees and foliage. The scene is set on a sandy bank. On the left side of the image, there is a black rectangular area containing white text. A small orange horizontal bar is located at the top left of the image.

How do we
cultivate
belonging?

CAN WE KNOCK
TO BELONG?





BELONGING – Do You KNOCK?

Know ourselves and each other deeply – what are my values? who do I want to be?

Non judging – look for the positive intent, forgive freely

Open up – be authentic, share vulnerability, ask for help

Connect closely – Use your eyes, share positive emotion, be present

Keep it up – keep working on it, come back “to the table”

A person with dark hair, wearing a dark t-shirt and light-colored shorts, is sitting on a rocky surface, writing in a white notebook with a blue pen. They are looking down at the notebook. In the background, several other people are sitting on the rocks, looking out over a city and a body of water at sunset. The sky is orange and yellow, and the city lights are visible in the distance.

Know Yourself

What are your values?

Who do you want to be?

Find the right “fit”

Set boundaries - do “weeding”



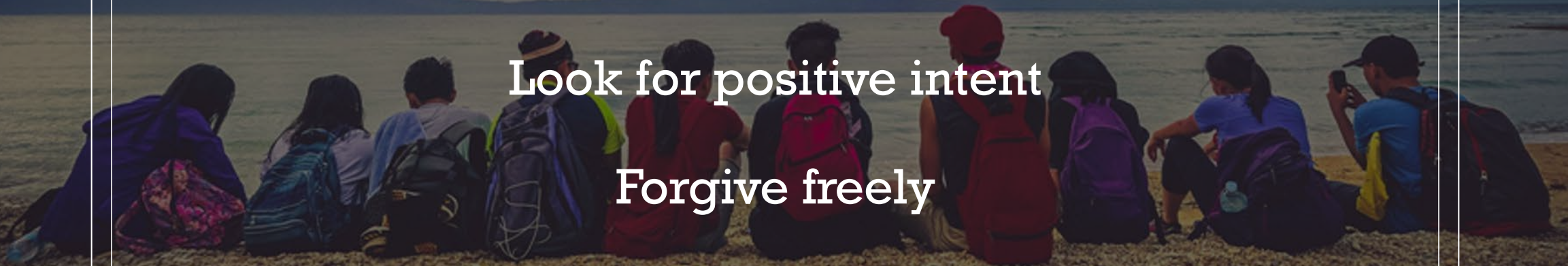
“The key is to keep
company only with
people who uplift you,
whose presence calls
forth your best.” EPICTETUS

Non-Judging

Appreciate difference

Look for positive intent

Forgive freely



A close-up photograph of a man's face, showing a pained or strained expression with his eyes squeezed shut. He is holding a whole yellow lemon in his open mouth. He is wearing a light-colored shirt with a floral pattern. The background is dark blue with small, light blue triangles. A semi-transparent dark grey rectangle is overlaid in the center, containing the text.

OPEN UP

“Because true belonging only happens when we present our authentic, imperfect selves to the world” Brene Brown



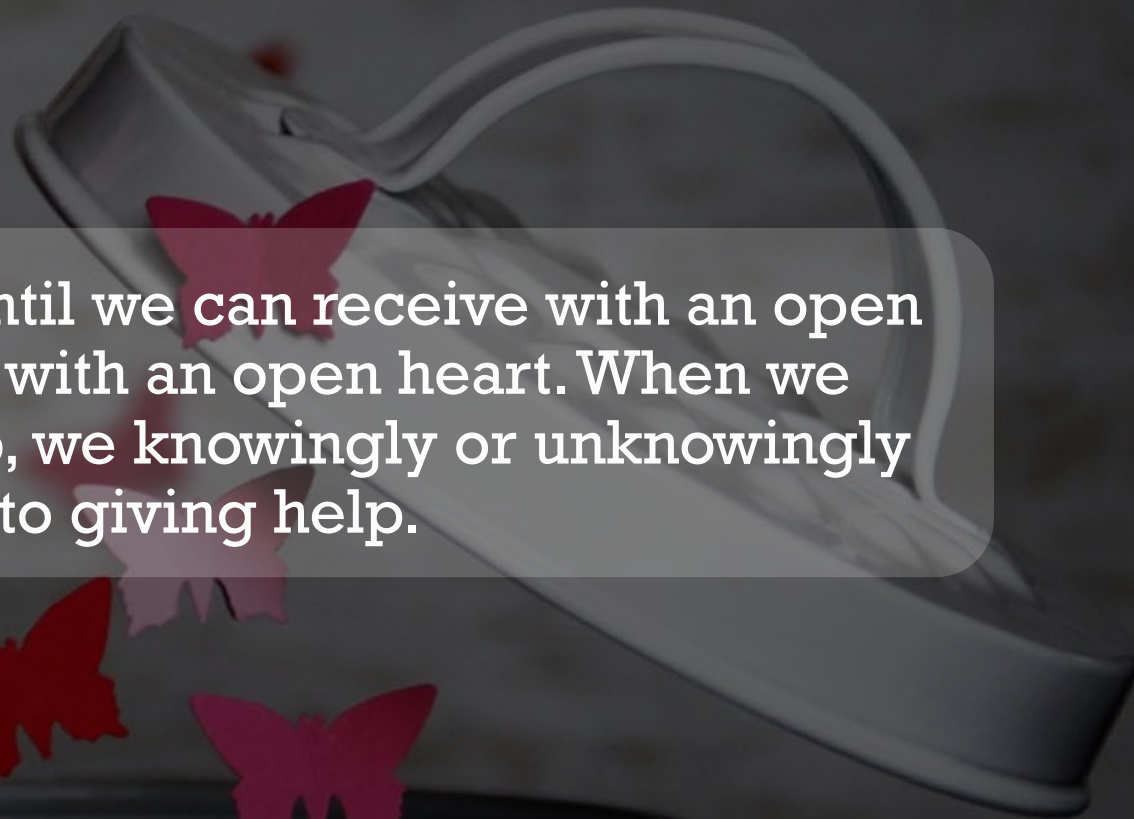
Open Up....

- **Being authentic, speaking your truth.**
- **Sharing vulnerability**
- **Asking for and accepting help**





Receiving is an act of generosity. Until we can receive with an open heart, we are never really giving with an open heart. When we attach judgement to receiving help, we knowingly or unknowingly attach judgement to giving help.



Connect Closely

Make time

Use eye contact and
positive emotion

Be present





Keep it up

Stick with it

Invest wisely

Come “back to the table”





Luke's story
How he learnt
to “knock”



“I love ya man”

“Yes, you can help me”

I’m finding balance,
investing time into my
relationships.



Key points

- Belonging and close connection require effort and intention to **find a tribe with the right vibe.**
- **Set boundaries** when you need to.
- **Know yourself**, your values and who you want to be, then seek out and invest in others who uplift you.
- **See the best in others** when you can, not to stand in judgement but rather believe that mostly, people are doing the best they can with what they've got.
- **Be open and authentic**, sharing struggle deepens connection.
- **Connect closely**, face to face, with eye contact, be present so others “feel felt” by you.
- **Keep it up** – prioritise investing in relationships and insist on moving through hard stuff by “coming back to the table” to talk thing through.