

# BEACON

## Chapter 2

### Belonging

#### Lesson 2

### **KNOCK – A blueprint for belonging**

ThriveAbility





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

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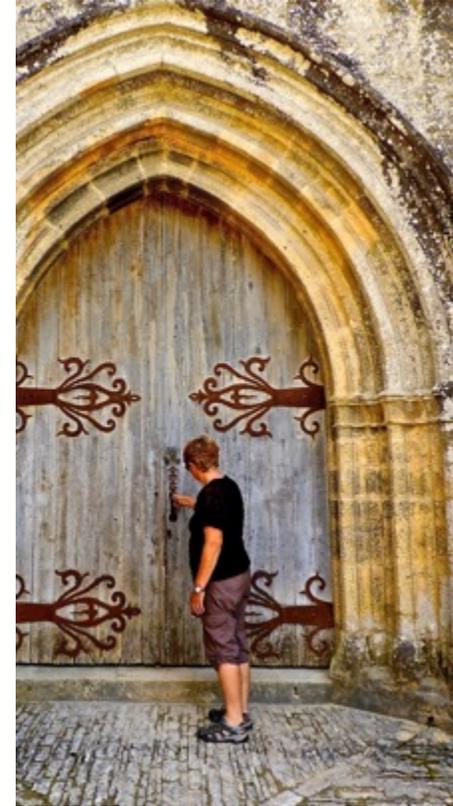
**“I’ve been reminded how much I love being around people”**

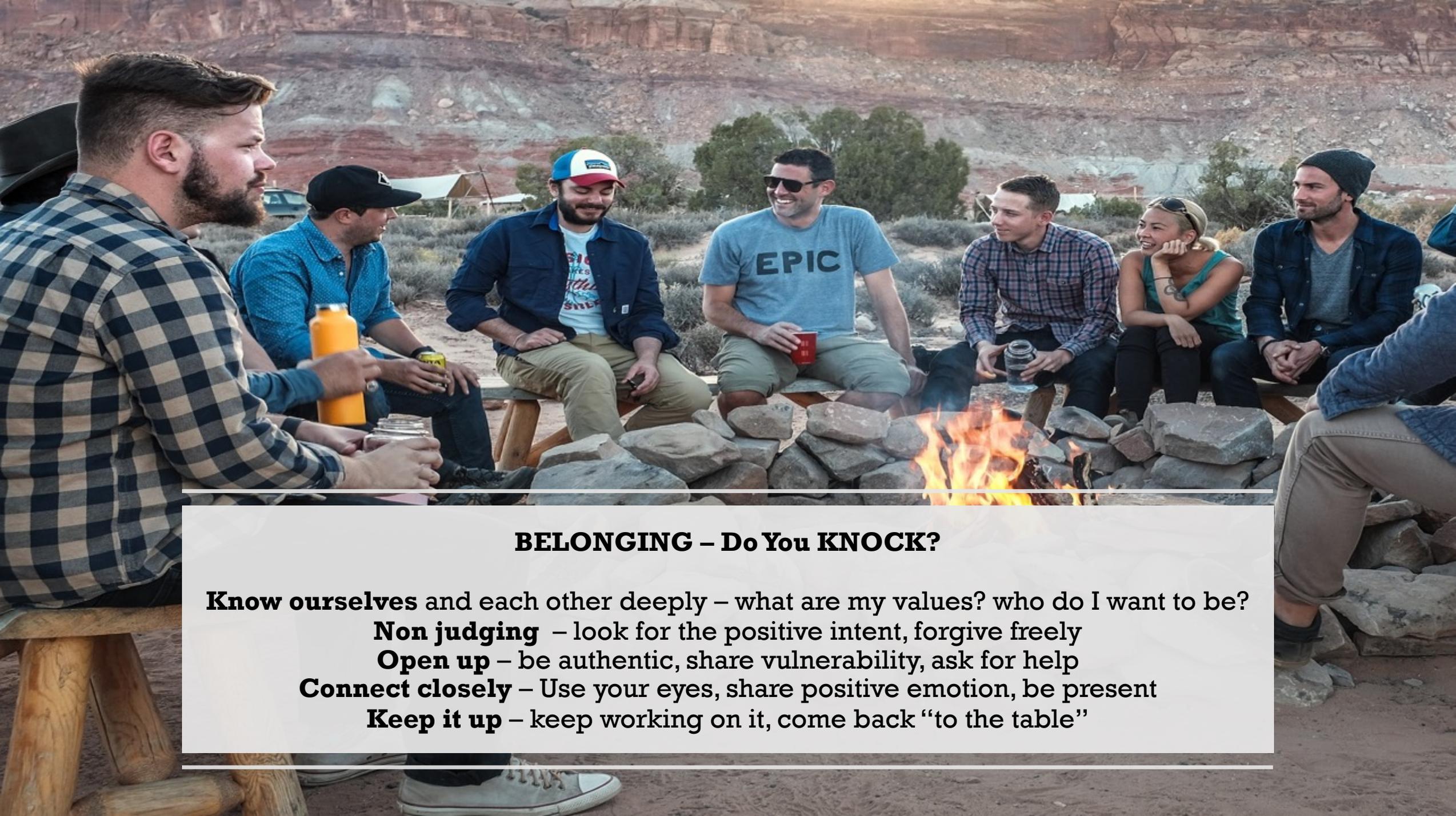
A photograph of two women sitting in a hammock by a river. The women are seen from behind, wearing dark blue puffer jackets. They are sitting on a sandy bank, looking out at a calm river. The background is filled with lush green trees and foliage. The overall mood is peaceful and serene.

How do we  
cultivate  
belonging?

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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 shorts, is sitting on a rocky ledge, writing in a white notebook with a blue pen. The background shows a group of people sitting on a rocky hillside at sunset, with a cityscape visible in the distance. The scene is dimly lit, with the warm glow of the setting sun.

# 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

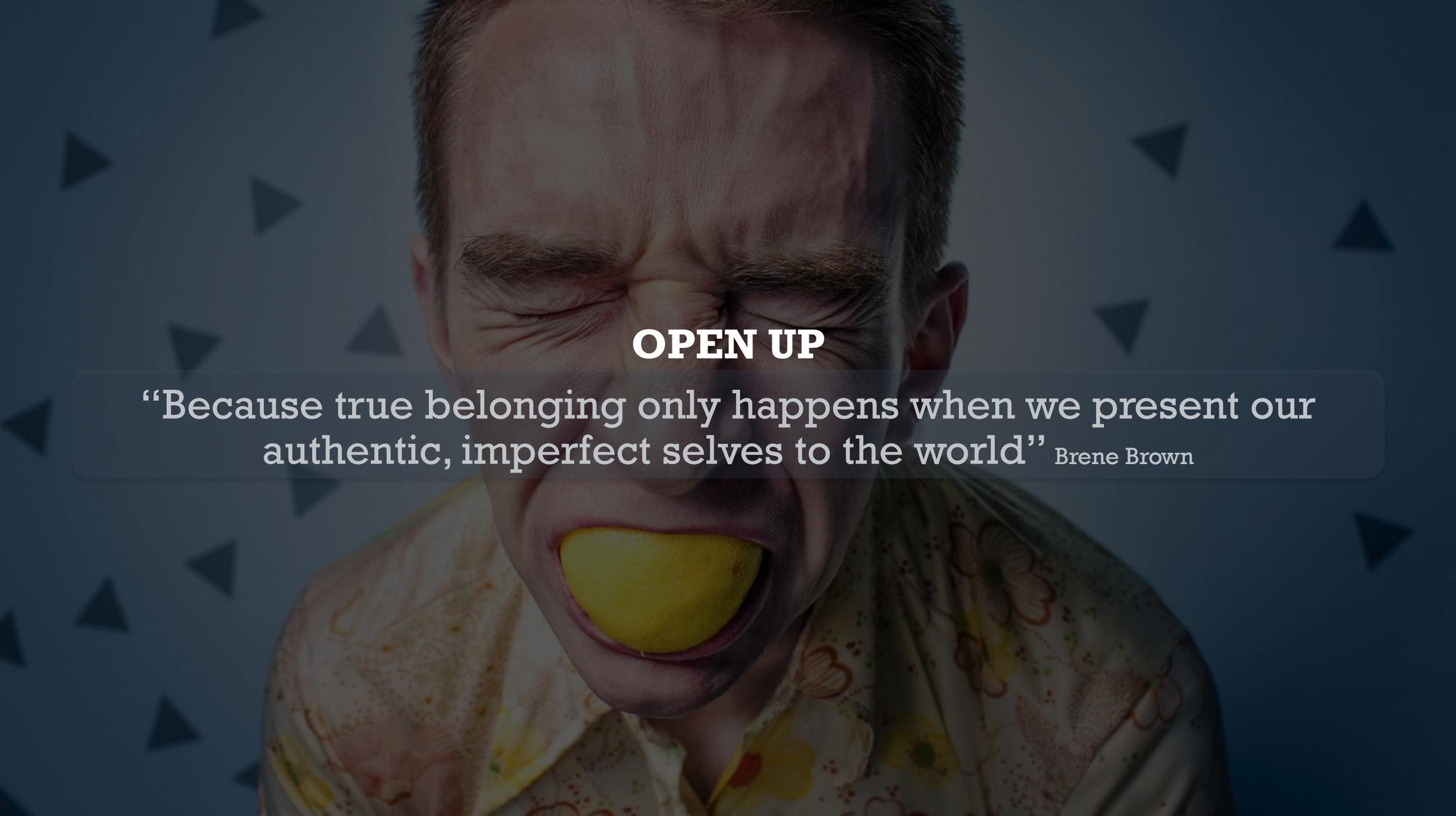
A group of about ten hikers are sitting on a pebbly beach, looking out at the ocean. They are wearing various hiking gear, including backpacks and hats. The sky is overcast with grey clouds, and the water is calm. The scene is captured from a low angle, emphasizing the vastness of the landscape.

# Non-Judging

Appreciate difference

Look for positive intent

Forgive freely

A close-up photograph of a man's face, showing a pained or uncomfortable expression with his eyes squeezed shut. He is holding a whole yellow lemon in his mouth. He is wearing a light-colored shirt with a floral pattern. The background is dark with a pattern of small, light-colored triangles.

## OPEN UP

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



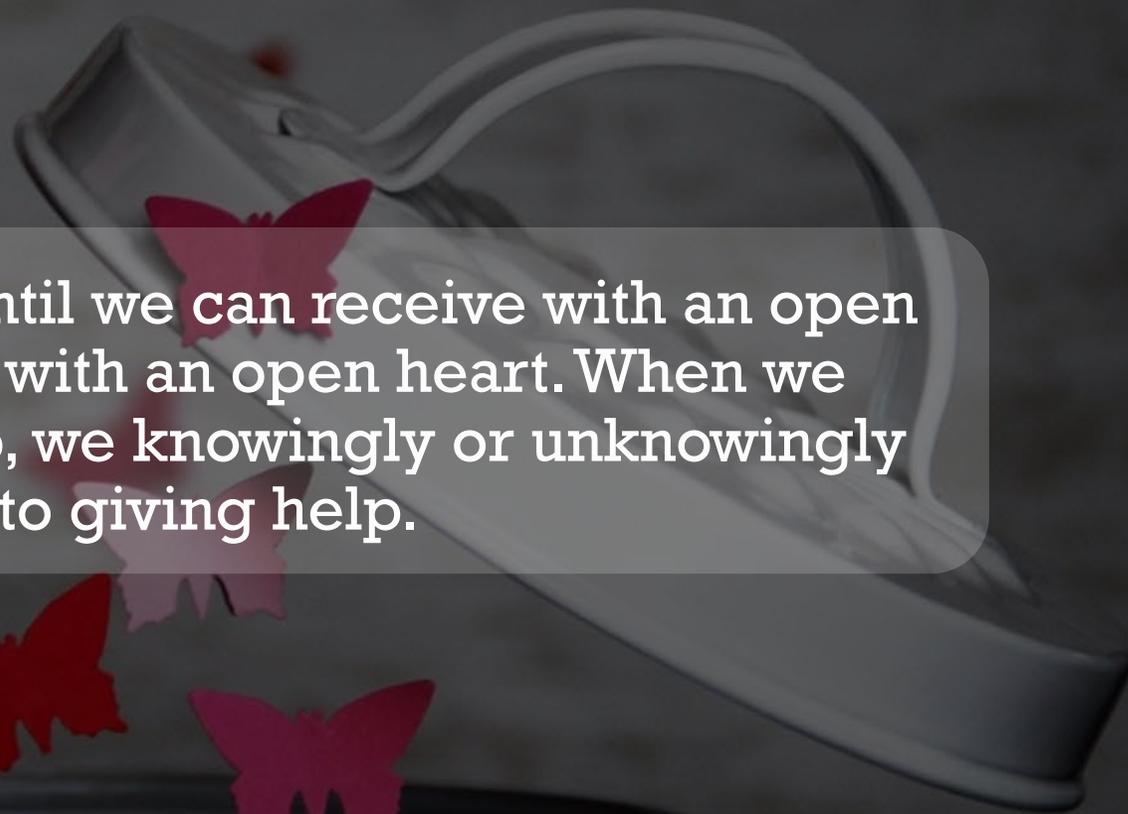
# Open Up....

- **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

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**Keep it up**

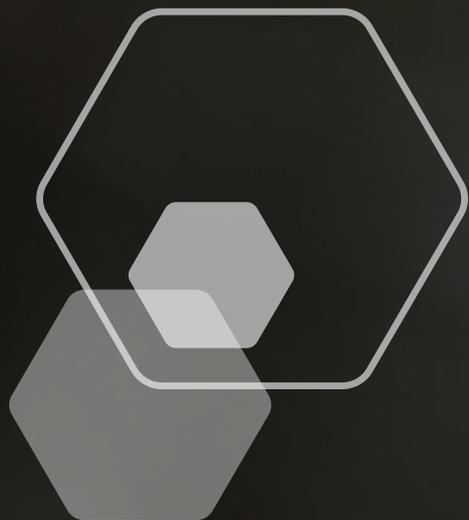
Stick with it

Invest wisely

Come “back to the table”

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**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

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- 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.