



4th MAGNETIC MOMENTS

Keep connected and strengthen your ecosystem through intentional moments that keep curiosity and wonder alive, create space for honest conversations, spark unlimited joy, and build a wider supportive community.



Plus Wonder is an exploration of meaningful connections of all types.

Who are the people who make you, you?

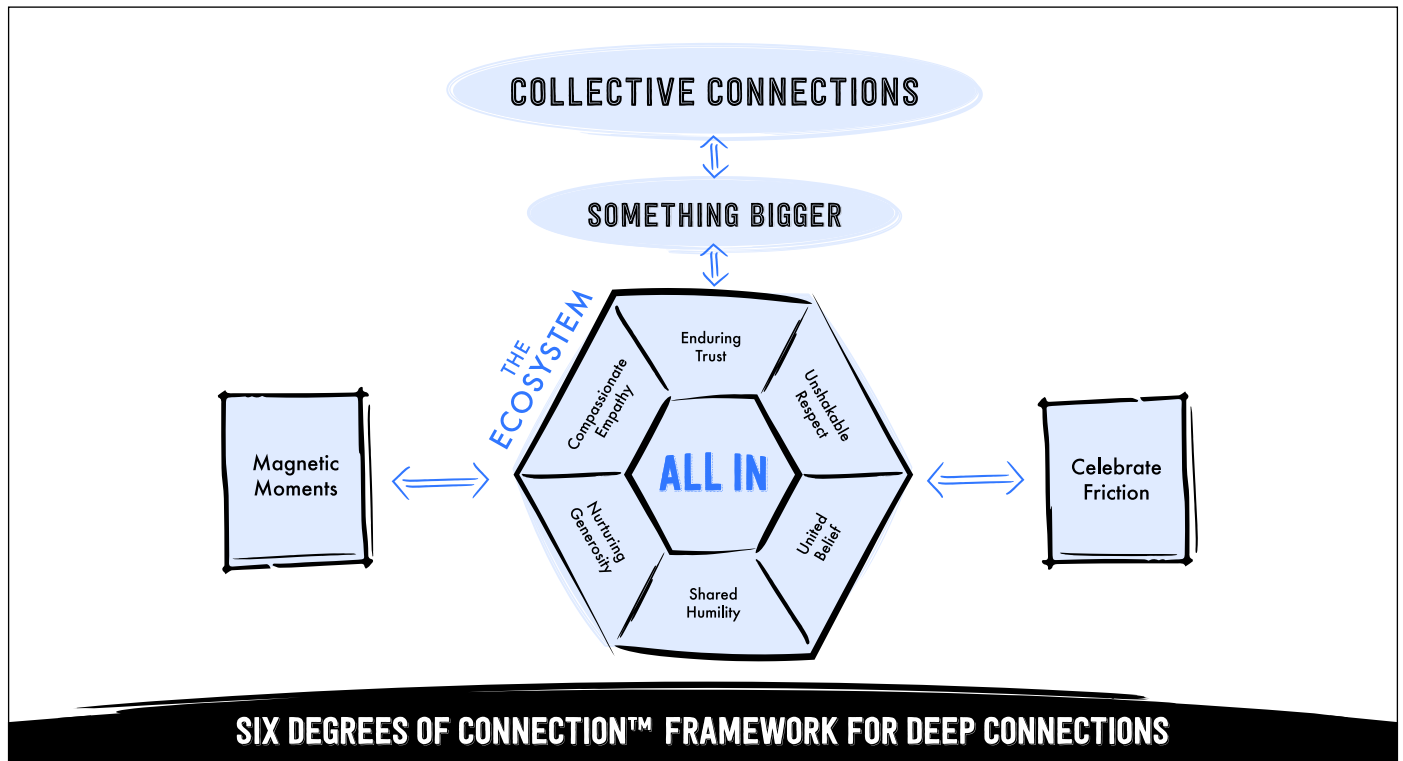
We've listened to and learned from over 65+ partnerships of purpose, and distilled their collective wisdom into a set of insights and tools to help you build depth and purpose in your relationships.

We've also explored some of the greatest collective human achievements—and the Deep Connections at their core—to help you scale collaborations and organizations that will make a difference.

Explore the Six Degrees of Connection

We've spent the last 18 years listening to and learning from successful partnerships and collectives of all types. These unique relationships are special because they've helped each individual make a bigger difference in the world than they could on their own.

We found six essential elements across all sizes of partnerships—from dyads, to collectives, to movements—and across all types of partnerships, whether business, romantic, family, or friends.



The Six Degrees of Connection is a powerful and unique framework designed to help you nurture meaningful relationships of purpose that lead to better lives, better organizations, and a better world.



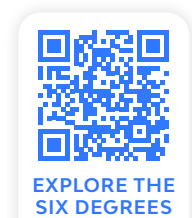
The Architect Toolkits cover six easy-to-follow degrees, each with five different ways to engage: *Watch*, *Think*, *Act*, *Play*, and *Connect the Dots*. *Watch* provides videos that include footage of our amazing partnerships. *Think* prompts you to reflect and consider ideas of significance. *Act* mobilizes you to put those ideas into motion. *Play* brings levity and joy to this work of innovation. Lastly, *Connect the Dots* encourages you to share this learning with your greater community as the first step towards the practical application of the partnership wisdom.

Each degree takes approximately five to ten hours to complete. For optimal results, we encourage you to take your time—quality over quantity. You will experience a profound shift in your relationships and watch your world evolve into one of purpose, passion, and wonder through the power of Deep Connections.

After completing the toolkits, you'll have a deeper level of understanding of the Six Degrees of Connection, the opportunity to host your own Plus Wonder gatherings in your community and schools, and the designation of a Connection Architect with Plus Wonder.

The secret to building and nurturing Deep Connections lies in a holistic approach. Visit pluswonder.org/educators to explore tools and resources to leverage the Architect Toolkits even further.

Visit pluswonder.org/architect for more information.



Let's get started

To inspire radical collaboration in learning communities, we are recruiting a network of Plus Wonder Connection Architects. These Architects are professionals, educational leaders, classroom teachers, and family support who grow teams or learners as purpose-driven collaborators for a better and more deeply connected world. The Architect Toolkits can be applied in secondary, post-secondary and professional learning, and are meant for Connection Architects to customize for their local and global communities.

The Architect Toolkit offers resources to help you:

- **Identify and recognize** partnering as a personal and communal asset.
- **Research partnering** through a diverse array of national and international partnerships.
- **Brainstorm actions** to address partnering in your life or community.

Whether you're in a **professional community**, an **educational organization**, or a **classroom**, you can elevate the Architect Toolkit in many ways. We recommend you...

Book us for a collaborative workshop

Book a Plus Wonder talk and/or workshop for your community to explore some of the greatest human achievements at their connected core. In our workshop series, we dive into the Six Degrees of Connection framework with partnership wisdom and team exercises to help you build depth and purpose in your relationships.

Co-design a professional development series for your team

If you are looking for a way to build connection,

communication, and radical collaboration within your teams, work with us to co-design a professional development series for your community. We customize our Architect Toolkits and resources to create a holistic approach to team transformation.

Co-host an annual education gathering

We aren't messing around when we talk about empowering and connecting educators. We seek to partner with Connection Architects to co-host annual gatherings for global educators interested in helping create the partnerships that will help our planet thrive.

Engage in our online hub

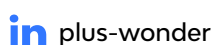
Explore our library of free, virtual resources to download, print, and share educational tools for your learning communities. Search our partner videos, newspaper, quote cards, posters, toolkits, connection circles, and more!

Host Partnering book circles

Dive deeper into [Partnering](#) by hosting connection circles— informal gatherings where your learning community joins together to share *Partnering* wisdom, listen attentively, and discuss thoughtful questions. Use our connection circle guide to facilitate questions and further explore the Six Degrees of Connection. Contact us to help get *Partnering* into the hands of teachers to inspire education grounded in meaningful connection.

Share your story

Go to [PlusWonder.org](#) to share your own partnership story or the story of a partnership that has inspired you.



WATCH

Watch the video for a concise but meaningful overview of *Magnetic Moments*, or review the transcript below and circle the words or quotes that excite or resonate most with you.



Magnetic Moments degree video transcript:

"We give each other plenty of space. She does her own thing. I do my own thing. And when we find that we have a common interest, then we work together as very close and compatible partners." "Almost every day, we would sit on the Truman balcony and talk about what he had done that day and what I had done, and I could say what I had thought about what I had heard in the cabinet meeting. And he always listened to me. He didn't always react the way I wanted him to, but he always listened to me."

– Jimmy Carter (with Rosalynn Carter)

[39th president and first lady of the USA and cofounders of the Carter Center](#)

What surprises you about these relationships and the rituals and rhythms they strike in order to connect?

"We are always looking for the elements within nature and within wildlife stories that are most like our lives. If we can identify that we should all be having fun and that animals have fun as well, it gives us personality and character."

– Dereck Joubert (with Beverly Joubert)

[Spouses and founders of Big Cats Initiative and Great Plains Conservation](#)

"If you can't goof off and laugh, then you're not in the right relationship. It makes it so that life is more fun."

– Mick Ebeling (with Caskey Ebeling)

[Spouses and cofounders of Not Impossible Labs and Not Impossible Foundation](#)

"Sorry, and I just want to add to that...and be naked as much as you can."

– Dereck Joubert (with Beverly Joubert)

[Spouses and founders of Big Cats Initiative and Great Plains Conservation](#)

"The conversation stays interesting. I can't finish her sentences, and I hope she can't finish mine. And as a consequence, I'm always interested in what she thinks and what she has to say about something."

– Stewart Brand (with Ryan Phelan)

[Spouses and cofounders of Revive & Restore](#)

"From a very young age, our family had us camping. We grew up in British Columbia, so all of our summers were spent outside. So we spent a lot of time immersed in nature."

"One of the things I think that the globalized economy has been really good at is severing connections, not only with the land but also between people. And I think that if we go back to these very human values of eating from the land, having connections to our families and neighbors, I think that a lot of good will come."

– Sarika & Severn Cullis-Suzuki

[Sisters and environmental activists](#)

What surprises you about these relationships and the rituals and rhythms they strike in order to connect?

"You get so much more done when you're playful, when you're joyous, when you're light. That's where the creativity comes from. That's where the grace comes from. That's where the community comes from. That's where the connections come from. That's where the collaboration comes from. That's where you generate joy."

– Jo Confino (with Paz Perlman)

[Spouses and partners inspiring harmony with Earth and life](#)

"Every New Year's, we sit back and we actually see how well we're doing against what we said we would do and see and intentionally set out the things that we want to do for the next year." "We hold ourselves accountable, basically. We're like, 'well, you know you said you were gonna try and help the world over here but it seems like you're just trying to make a lot of money over there. How's that happening? How's that going for you? How's that reconciling?' And it's sort of loving but also challenging of one another in this community. It's holding ourselves accountable."

– Robbie Schingler & Will Marshall

[Friends and cofounders of Planet Labs](#)

"Todd has this lovely thing that he does every time I'm entering some big thing and he says 'go be a rockstar' and he'll text me. Getting that little trigger every time is the extra breath that you need when you enter a room to go do something."

– Keith Yamashita (with Todd Holcomb)

[Spouses and partners in creative societal change](#)

"Ping pong has played a big role in the growth of Ben & Jerry's. We used to have board meetings and play ping pong."

– Jerry Greenfield (with Ben Cohen)

[Friends and cofounders of Ben & Jerry's](#)

"To me, it feels like joy is central and also the only kind of unlimited resource, which doesn't mean it's easy to come by, but I think it is a fuel that is completely renewable."

– Phil Kaye (with Sarah Kay)

[Friends and codirectors of Project VOICE](#)

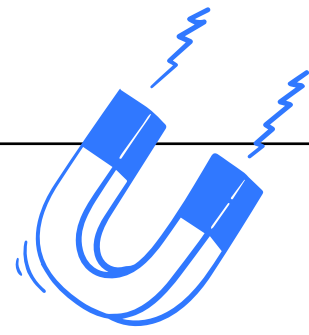
"We don't take ourselves too seriously. We take the issues very seriously, but we don't take ourselves too seriously." "But I think it's like any relationship; communication is at the core of it. If you sort of hold back, then you screw up. Now I've completely forgotten what I was going to say (laughter)...okay I'll try, number 3..." "You ready? You ready?...You gotta get it right this time." (Richard throws water on Peter) "Oh no! Here we go." "Alright, here we go. He's got more, you've got more than me! (Peter throws water at Richard) Oh dear. Thank you very much!"

– Richard Branson & Peter Gabriel

[Friends and partners in peace and human rights](#)

What surprises you about these relationships and the rituals and rhythms they strike in order to connect?

THINK



How can we create magnetic moments that deepen our connections and help our partnerships thrive?

Magnetic moments are intentional experiences that allow for people to simply be present together. To keep curiosity and wonder alive by listening and learning from each other and the wider world. To get into flow where they are able to have honest conversations and unlimited joy. And they are also the moments where you are unsettled, as you work through something difficult together.

When we began this research, we never expected to discover how important *magnetic moments* are in creating Deep Connections. But these moments were not simply left up to the universe to engineer.

They were thoughtfully planned moments that arrived in all shapes and sizes, in formal and informal rituals, in cultural traditions, in simple daily practices, that connected partnerships in a meaningful way. No matter what form they took, the outcome of these magnetic moments was a deepening of connection and increased shared understanding.

There are five maxims to consider as you dive in and begin shaping magnetic moments to keep everyone connected.



Five Maxims for Creating Magnetic Moments




1: Flow is alive: Magnetic moments are constantly evolving. You may need to spark new life in your rituals or practices by introducing an innovative twist, especially as the needs of your partnership change.

2: Safe space is crucial: Respect the individuality of each member in the partnership, give everyone an equal chance for expression, and allow time for healthy disagreement.

3: Ownership is key: For everyone to work together to create magnetic moments, rather than feeling like something is being forced upon them, everyone needs to feel that they have ownership, that they are All-In.

4: Consistency helps you surf the waves: When magnetic moments are frequent and consistent, they give you the ability to stay calm and troubleshoot issues far in advance. They help you get through the hard times and ride the waves together.

5: Shared history nourishes connection: When you create the opportunity to build a shared history of memories and understanding, this keeps you connected no matter what comes your way.



Ultimately, magnetic moments create the energy that strengthens your ecosystem, lifts you above the drama, and constantly stokes the fire to keep your Deep Connections alive. Bob Vander Plaats' quote demonstrates the true power of magnetic moments.

"We got to know each other as people before we started talking about issues or an agenda or things that divide," Bob said. "We started by talking about her family, how she grew up, how she went to a Lutheran church, had been married, had a son, and then a painful divorce," he said."

—Donna Red Wing & Bob Vander Plaats

[Friends, a social justice activist and executive director of The Family Leader](#)

Bob and Donna met for coffee at Smokey Row every month despite their radical differences in belief. Bob was a conservative political and religious leader and Donna a LGBTQ activist. Their moments together were filled with well-intentioned curiosity to better understand each other's perspectives. This monthly coffee ritual created years of magnetic moments strong enough to create a connection so deep that two people who were worlds apart on various viewpoints became the closest of friends.



What rituals do you have that support curiosity, wonder, and a shared understanding beyond differences in your Deep Connections?

What magnetic moments have helped you weather the storm of differences and difficulties with a Deep Connection?



Key Takeaways

- Consider how creating magnetic moments will help deepen your connections and create a shared understanding.
- Discover the meaning and power behind the magnetic moments shared by our partners.
- Identify magnetic moments that resonate with you and could be adapted and applied to your life.
- Create your own magnetic moments that create space and time for joy, wonder, community, nature, and honest conversation.
- Explore the research that supports the creation of magnetic moments.

What questions do you have that will help you reach these key takeaways?

Ideas inspired by this section ...

Creating magnetic moments requires thoughtful planning and the discipline to create space amidst all of life’s demands. A focus on four elements are key to engineering these moments that act and feel like a magical force of nature.

Unlimited Resource of Joy

None of the partnerships we explored took themselves too seriously. But they did take joy and laughter seriously and wove it into their daily practices.

Mick & Caskey Ebeling—[spouses and partners in the Not Impossible Foundation](#)—met 30 years ago and were complete opposites; he was in the military, and she was a “hippy anarchist.” They fell in love, got married, and, in 2009, they became the co-founders of Not Impossible Labs, a company designed to change the world through a potent mix of technology and story. They joke that if they had not met each other, she would be somewhere on the mountain alone doing meditation, and he would be wearing a suit and tie and working in business.

Instead, they are creating a life of joy and “living their truth” together. Mick and Caskey have created a host of magnetic moments to ensure that “play is like breathing air” in their partnership and family. “We’re goofy and silly and dance in the kitchen in front of the kids and scare each other and play pranks on each other,” explained Mick, “If you can’t goof off and laugh, then you’re not in the right relationship.” Unlimited Resource of Joy



Magnetic Moment 1: Creating a Vocabulary for Joy

Mick and Caskey also created their own ritual vocabulary. One phrase they use when someone is taking themselves far too seriously is “dotysofus.” Although this word sounds like some special sofa in their house that you were banished to when your ego was out of control, they explained that it stood for “don’t take yourself so f***** seriously.”

Another phrase they use to remind themselves to live in adventure and pause to remember their good fortune is BLE or “Best Life Ever.” To ensure they are living their BLE, they go on a date night every Thursday, a “touchdown” ritual that keeps them connected amid the chaos of work and raising three children.

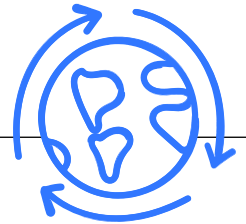
Apply it:

Try your hand at creating words or acronyms of joy that will resonate or remind your partners to practice happiness and laughter.

- Get together with some of your Deep Connections, whether it is your business team, a romantic partner, or your best friends and share with them the story of Mike and Caskey.
- Brainstorm phrases or acronyms that will resonate within the partnership and act as a light-hearted reminder that you are all each other's sources of unlimited source of joy.
- Once you've got a common vernacular of joy, share the terms and their meaning with your community.

Share some of your phrases here ...

Fun fact: Plato is believed to have said, "You learn more about a person in an hour of play than in a year of conversation." Hopefully, through drafting your joy vocabulary, your partnerships can thrive and be rooted in joy.



Curiosity and Wonder

Moments of curiosity and wonder offer a lifetime of learning, and this keeps partnerships alive and in flow. Three common themes emerged for moments that spark curiosity and wonder: they focused on asking questions and listening, rather than talking and being "right;" sometimes they were linked to

the wonder and wisdom of Mother Nature; and in the company space they were incubators of innovation. Below is a particular moment that can inspire your own magnetic moments of curiosity and wonder with your Deep Connections.

Magnetic Moment 2: Reinvent the World

Stewart Brand & Ryan Phelan—[spouses and cofounders of Revive & Restore](#)—have been together for over 40 years. They are spouses and co-skippers of a working 1912 wooden tugboat called Mirene, moored in Sausalito, California, and for the last 37 years together, they have practiced a breakfast ritual during which they "reinvent the world" over a cup of coffee.

Often these breakfasts are business meetings to discuss their joint project, Revive and Restore, that uses state of the art technologies in genomics to revive extinct species. Stewart and Ryan's reinvention rituals continue throughout their day as they challenge each other to be their best selves, "poking the fire and saying this is not as good as it could be," or pulling each other back with a "skinny limb warning" when someone is pushing over the edge.

Apply it:

Schedule a daily or weekly check-in with a Deep Connection to help each other **reinvent the world**.

- **Actively listen:** Rather than talking and being “right,” focus on asking questions and listening.
- **Consider:** How can we bring in the wonder and wisdom of Mother Nature to inspire our connection?
- **Ask:** How can we be incubators of innovation? Where in our personal or shared projects can we do better? Where am I/you/we pushing too hard?

Try this a few times to consider if this ritual is right for you, and then tailor it to find your own ways of creating space for curiosity and wonder.

Share a ‘reinvent the world’ idea here ...



A Supportive Community

Magnetic moments with your wider community are a vibrant thread in the tapestry of successful partnerships. Each community tapestry has different designs and textures, based on their relationship with the people in their community

and the role the community plays in their partnership. Friends, spouses, children, neighbors, co-workers and the wider community all play an important role in the tapestry.

Magnetic Moment 3: Open Door Policy

Deborah Willis & Hank Willis Thomas—[family and artists united by love and art to change the world](#)—have a ritual that has been passed down from generation to generation and that is an open-door policy at their homes. Everyone in the community is welcome, as long as they come with love. They don’t have to hold the same views or look like the Willises—love is the

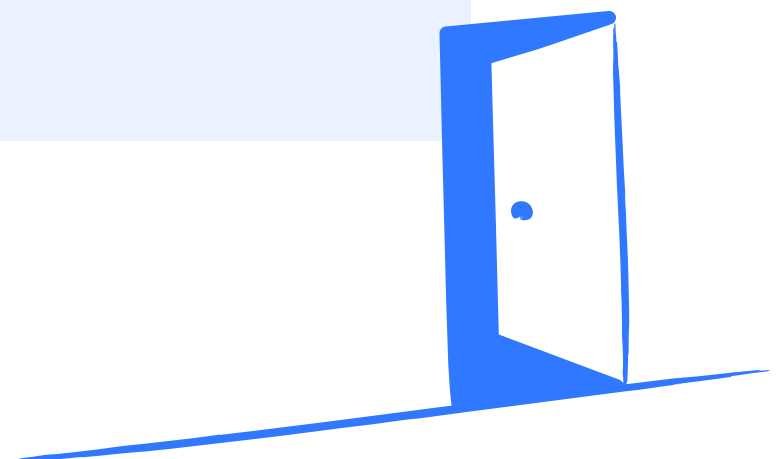
sole determining factor. This extended family ritual has strengthened Deborah and Hank’s partnership, enriched their lives, and in one case it saved Deborah’s life. When Deborah was sixteen, she had an allergic reaction to a medicine. To survive, she needed to have infusions of blood type O every two days. The city did not have enough blood, so the community created their own blood bank, giving Deborah the life-saving blood she needed.

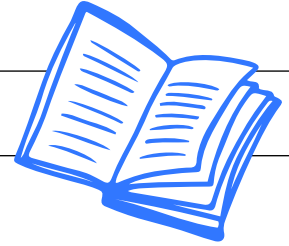
Apply It:

- Consider what an 'open-door policy' might look like in your home, office, or life. Think about what this means digitally as well.
- How can you demonstrate that you are always there to listen and engage?
 - Do you and your neighbors, colleagues, and extended family members know one another?
 - Are you an active communicator in your neighborhood or online communities?
 - How often do you lead or engage in community activities?
- Commit to at least one new behavior/change or ritual that would support an open door policy.
- Share with others your expectations and goals for this new ritual.
- Lead with love as you meet and grow alongside your community members. Remember, community can help you connect and deepen your partnerships.

Communities ebb and flow throughout our lives and will play different roles in keeping our partnerships thriving. They serve as sounding boards; they ground us and clarify our purpose. Continue to think of rituals that promote magnetic moments with the people around you. Remember to keep an open door policy in both your personal and professional lives, and extend these rituals to all the communities in your life.

What will the open door policy look like in your world? What steps can you take now to make this policy create magnetic moments for you tomorrow?





Honest Communication

Magnetic moments that create the space and time for people to connect and communicate with each other in an honest, open way are critical in building Deep Connections. All the partnerships we studied carved out space and time to be present together, to talk through issues, to share dreams, to share sorrows, to celebrate each other, and to give each other honest feedback.

Jo Confino & Paz Perlman—[spouses and partners in inspiring harmony with Earth and life](#)—are a living example of this approach. Both have incredibly busy lives, but they wisely understand that love is not enough—a partnership needs nurturing and maintenance to stay strong. They’ve shaped a host of rituals that keep them grounded and connected. The primary imperative in their relationship is to simply be there for each other. “Understanding is love,” Jo says. “And understanding is to be present for the other person. Not to try and change them, to be present for them. Because when you truly understand them and truly respect them in the space they are, that is love.” Begin your exploration into a ritual that nurtures magnetic moments around honest communication.



Magnetic Moment 4: Persona Books

Choose a Deep Connection to create a ritual around physical or digital persona books. Both of you will commit to spending some time during each week on your individual books by adding magazine clippings, internet articles, photos, or drawings of the different parts of you that show up at any given moment.

For example, an aspect of you may be highly ambitious and goal-oriented, while at the same time, you could feel often sluggish and less determined; another side of yourself may feel excited and dreamy, while another part of you may feel slightly down and anxious. We are emotional beings that experience many emotions at any given moment, yet most of us feel comfortable only revealing certain sides of ourselves. Allow this persona book to **unveil all the unique and oftentimes vulnerable parts to be represented**—what we sometimes call the good, the bad, and the ugly.

Once a week, share your new additions to your persona book and communicate honestly with each other around all your different personas that have been alive for you whether secretly masked or fully exposed. Let your persona books support each other in being fully authentic! Most importantly, have fun with being honest about who you are.

Which Deep Connection will you create a persona book with?

Renew You

Jo Confino & Paz Perlman—[spouses and partners in inspiring harmony with Earth and life](#)—shared an old adage that 95% of people try to change the world and only 5% try to change themselves. If you choose to become part of that 5% and look for the magnetic moments and practices that work for you, they will enable you to approach your relationships with an open heart and give you the strength to do the hard work to build Deep Connections.

The key is to not get lost on that inward journey, or we risk losing sight of the fact that our most fulfilled self is always in service to others. That's the place of growth that leads to you becoming the best possible version of yourself. Only then can we identify the Deep Connections that ignite us to do something far bigger than we ever could on our own.

Magnetic Moment 5: Renew You

Magnetic moments can be simple or complex. In this activity you will create your own ritual and commit to one daily act to renew you.

Examples:

- Walk in nature
- Write in your journal
- Get eight hours of sleep
- Meditate once a day, no matter how long
- Eat healthy, at least 80% of the time
- Create a self-reflection practice for when I wake up
- Be of service by asking a loved one for one task each day you can do to make their life better

As Gandhi once said,

"The best way to find yourself is to lose yourself in service of others."

Now, create your own daily ritual to commit to...

PLAY

In *Magnetic Moments*, we shared anecdotes and rituals from our Plus Wonder partners explaining how they sustained and helped their partnerships thrive.

Now let's play: join our community thought playground to expand your connections and share your wonderings on social using the hashtags **#PartneringTheBook** **#PlusWonder**

- **Tag a Deep Connection and schedule a daily or weekly check-in with them to help each other reinvent the world.**
- **Tag a Deep Connection and share how you plan to lead with love as you meet and grow alongside your community members.**
- **Tag a Deep Connection and commit to one ritual or daily act to renew you. Ask them to hold you accountable.**

Don't forget to play well with others! Click on the hashtags, interact, and connect. Share and discuss with peers in real life, too, to help develop your own magnetic moments of connection.

Notes / space for brainstorming

CONNECT THE DOTS

Magnetic moments offer you the space and time to build your ecosystem of virtues, such as trust and respect. They give you the chance to pause and nurture compassionate empathy for each other and build on your belief in one another and your larger purpose. And they allow you to laugh, to shout, to cry, to be simply human together. These moments also give you the chance to practice gratitude for the world around us, to appreciate how interconnected we are.

Explore what the experts have to say about the special moments that are fundamental to building Deep Connections.

- Learn more about *Flow* by **Mihaly Csikszentmihalyi**, considered one of the cofounders of **positive psychology**. He has done extensive research on the topic of flow, and flow states, what people commonly refer to as being “in the zone.” Check out his research to understand how you can get your relationships into a flow state.
 - Many people use rituals to enhance their own well-being. Our goal in this degree was to utilize magnetic moments to help your partnership ecosystems thrive. Check out “**The Restorative Power of Rituals**” by the *Harvard Business Review*.
 - Mindfulness expert **Susan Piver** writes that, “The joy of connection, whether to a person, animal, flower, idea, or sensation is the most profound of all the joys.” Joy can’t be manufactured, but it can be welcomed into your relationship
- through the magnetic moments you shape, and, in turn, create memories that warm our hearts continually.
- Consider relationships and flow states. In an article titled “**Couples Reach the Flow State Too**,” published in *Psychology Today*, they write, “What’s required to move into that state of flow is to learn how to manage the intense feelings that plague relationships, fear, anxiety, doubt, anger, rage, resentment, boredom, lethargy, depression, cynicism about things improving.”
 - We discussed how developing a community plays a crucial role in enhancing your relational flow states. Investigate “**8 ways to unlock the power of community**” from the World Economic Forum.
 - In his Blue Zone research, **Dan Buettner** found that one of the communities that had the most centenarians in the world was the Okinawans in Japan. One of the secrets to their long, healthy lives was what they called “moais,” groups of five friends who committed to come together and support one another for the rest of their lives. That’s a beautiful example of how a lifelong community ritual can help encourage and catalyze long lasting, healthy partnerships. You can engage with Dan’s work by watching his TED talk, “**How to Live to be 100+**” and reading his article, “**The Island Where People Forget to Die**.”
 - Visit pluswonder.org/research to learn how the research all connects.

CONGRATULATIONS, YOU HAVE COMPLETED THE FOURTH DEGREE OF CONNECTION!

Whether you are a deep diver into each degree or just testing the waters with a few activities, we encourage you to join our Connection Architect network to learn how other like-minded people are building upon this partnering wisdom.

Visit pluswonder.org/architect for more information.

Together, let's work to spark a relationship reset in this world!

