



CONNECTION



BUILDING CONNECTION DOESN'T HAVE TO FEEL OVERWHELMING OR FORCED. THIS CALENDAR IS HERE TO GUIDE YOU THROUGH SMALL, MEANINGFUL STEPS TOWARD FEELING MORE CONNECTED - TO YOURSELF, TO OTHERS, AND TO THE WORLD AROUND YOU.

EACH DAY, YOU'LL FIND SIMPLE ACTIVITIES DESIGNED TO ENCOURAGE THOUGHTFUL INTERACTION. THERE'S NO PRESSURE TO FOLLOW THEM STRICTLY!

- START WHEREVER YOU FEEL COMFORTABLE: THERE'S NO NEED TO FOLLOW THE DAYS IN ORDER. IF ONE ACTIVITY RESONATES WITH YOU, START THERE. IF SOMETHING DOESN'T FEEL RIGHT, SKIP IT AND RETURN WHEN YOU'RE READY. THE GOAL IS TO TAKE SMALL STEPS THAT FEEL GOOD FOR YOU.
- BE KIND TO YOURSELF: DON'T WORRY ABOUT COMPLETING EVERY ACTIVITY. MISSING A DAY IS OKAY! JUST PICK ANOTHER ACTIVITY OR REVISIT ONE LATER. PROGRESS, NOT PERFECTION, IS WHAT MATTERS.
- FOCUS ON CONNECTION: EACH ACTIVITY IS AN OPPORTUNITY TO CONNECT - WHETHER IT'S WITH YOURSELF, SOMEONE ELSE, OR THE WORLD AROUND YOU. TAKE YOUR TIME WITH EACH MOMENT AND REFLECT ON HOW IT MAKES YOU FEEL.
- TRACK YOUR JOURNEY: FEEL FREE TO WRITE DOWN THOUGHTS, IDEAS, OR ANYTHING THAT STANDS OUT TO YOU AFTER COMPLETING AN ACTIVITY. THESE REFLECTIONS CAN HELP YOU NOTICE THE LITTLE WAYS YOU'RE BUILDING CONNECTION.
- CELEBRATE THE SMALL MOMENTS: EVERY SMALL INTERACTION MATTERS. OVER TIME, THESE LITTLE MOMENTS OF CONNECTION WILL ADD UP!
- I'VE ADDED A BLANK SHEET AT THE END - HAVE A GO AT WRITING YOUR OWN CONNECTION IDEAS AFTER YOU FINISH THE FIRST 5 WEEKS.

REMEMBER, THERE'S NO RIGHT OR WRONG WAY TO USE THIS CALENDAR - IT'S ALL ABOUT FINDING WHAT WORKS FOR YOU.

GOOD LUCK! (NOT THAT YOU NEED IT) 

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CONNECTION

week
1




TELL SOMEONE WHY YOU'RE GRATEFUL TO HAVE THEM IN YOUR LIFE.

CREATE A SPACE FOR YOUR/HOUSEHOLD'S PHONES, SO YOU CAN ENCOURAGE DEVICE-FREE QUALITY TIME.

PAY IT FORWARD: DO SOMETHING KIND FOR SOMEONE TODAY.

WRITE DOWN A TIME SOMEONE DID SOMETHING NICE FOR YOU. NO MATTER HOW SMALL!



SMILE AT 2 PEOPLE TODAY.

COMMENT ON A POST INSTEAD OF JUST LIKING IT.


SEND A "THINKING OF YOU" MESSAGE TO SOMEONE YOU CARE ABOUT.

week
2

INVITE A FRIEND, FAMILY MEMBER, OR NEIGHBOUR TO DO SOMETHING SPONTANEOUS, LIKE GO FOR A WALK.



SEND A VOICE NOTE INSTEAD OF A TEXT.



ASK A COWORKER OR CLASSMATE TO JOIN YOU FOR COFFEE OR A QUICK BREAK.

ASK A FRIEND OR FAMILY MEMBER TO RECOMMEND A BOOK OR TV SHOW.



CHAT TO A NEIGHBOUR FOR 5 MINUTES.

PRACTICE ACTIVE LISTENING IN A CONVERSATION (REPEAT BACK & ASK FOLLOW-UPS).

TALK OUT LOUD TO YOURSELF AS YOU DO A TASK AT HOME.


week
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COMPLIMENT A STRANGER.

SAY HELLO TO A COWORKER OR CLASSMATE THAT YOU DON'T USUALLY TALK TO.

START AN ONLINE GAME WITH SOMEONE THAT YOU CAN DO DAILY TOGETHER (LIKE WORDLE)



TAKE A "SOLO DATE". TREAT YOURSELF THE WAY YOU WOULD A FRIEND (COFFEE SHOP, MOVIE, PICNIC, ETC.).

WRITE DOWN 3 PEOPLE WHO HAVE BEEN THERE FOR YOU, NO MATTER HOW SMALL.

LISTEN TO A HAPPY SONG THAT REMINDS YOU OF SOMEONE YOU CARE ABOUT.

GIVE YOURSELF A COMPLIMENT IN THE MIRROR.

week
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GIVE 5 COMPLIMENTS ON SOCIAL MEDIA TO 5 STRANGERS.

WRITE DOWN 3 SOCIAL MOMENTS YOU FELT GOOD ABOUT RECENTLY.



JOIN AN ONLINE GROUP & INTRODUCE YOURSELF.

LEARN ONE NEW THING ABOUT A COWORKER OR CLASSMATE. FAVOURITE HOBBY, PET, ETC.


GO FOR A WALK WITHOUT DISTRACTIONS—NO PHONE, JUST NOTICING THE WORLD AROUND YOU.



TRY A HOBBY IN A SOCIAL SETTING, LIKE A CLASS, CLUB, OR MEETUP.

CREATE A "CONNECTION BUCKET LIST"—LIST 5 PEOPLE YOU'D LOVE TO GET CLOSER TO AND WAYS TO DO IT.


week
5



WRITE A LETTER TO YOUR FUTURE SELF ABOUT THE CONNECTIONS YOU WANT TO BUILD.

RECONNECT WITH SOMEONE YOU'VE LOST TOUCH WITH AND SEND THEM A MESSAGE.


SHARE SOMETHING YOU CREATED (ART, MUSIC, WRITING) WITH SOMEONE OR ONLINE.




GO FOR A WALK SOMEWHERE FAIRLY BUSY & SMILE AT 5 PEOPLE.

CALL SOMEONE INSTEAD OF SENDING THEM A TEXT OR VOICE NOTE.






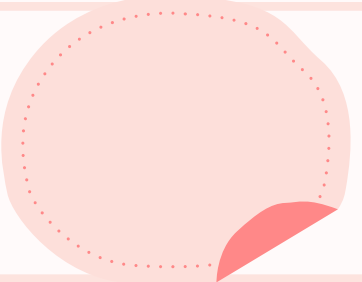







SIT IN A SOCIAL PLACE (LIKE A CAFÉ/PARK) & DO SOMETHING SOLO. PRACTICE FEELING COMFORTABLE IN PUBLIC ALONE.



FIND A COMMUNITY EVENT HAPPENING NEAR YOU, MARK IT ON YOUR CALENDAR & GO TO IT!



CONNECTION

week 1								
week 2								
week 3								
week 4								
week 5		