



5 Day Connection Challenge:

5 easy ways to build meaningful connections

Day 1

Contact someone you want to know better. Schedule a coffee or lunch date with them.

Day 2

Set aside a two hour window when you will be with people to be device free. Put your phone, computer, smart watch, etc. in another room and don't check it.

Day 3

Have a meal (or schedule one) with a friend, family member or colleague. No devices.

Day 4

Call a friend you miss. Try to listen more than you talk. Be curious. If they don't answer, send a message and ask to schedule a phone date.

Day 5

Get together (or schedule something) with two friends from different social circles. Be the connector.

These activities are simple, but can be profound, especially if you journal your reflections after completing each activity. How did each activity make you feel? What was easy or hard about each day?

*Love + Light,
Katie*