



## Weekly Connections

Have you ever had a thought of a person pop into your head? A lot of times, we say, “I will call or text them later.” Life gets busy, and we realize a few days have passed. Here is a tool to help us be intentional with our actions to connect with others. Write the person's name and the date and time you will contact them. Also, write a small note; sometimes, we forget something to ask or say. It can be different every week.

1.

2.

3.

**Human-to-human connection builds empathy.**