



A Cup of Connection Challenge

“What kind of person would invite a stranger into their life...
One who has courage, motivated by love.”

1. Reach out - In the moment someone comes to mind, text, or e-mail, “How you doing?” or “I’m checking in. How are you?” Easy, simple and to the point.
2. Listen - Connect one on one. Call or in person. Above all, listen. Don’t listen to respond, listen to understand. Most people don’t want advice, they want someone to hear their story.
3. Accountability - Write the person’s name and date on the back of your Connection Card. Hand in the filled card, get a Cupmander gift. Give a friend a challenge card. Unpack your experience with your small group. If you don’t have a group, contact us and we’ll provide options close to home.

Your organization’s call to action/information here

Some questions to think about:

- How were you led to choose this person?
- How do you think your invitation impacted them?
- How has this experience changed you?
- Will you meet with this person again?
- What insecurity did the challenge reveal in you?
- If you did not reach out to someone, why?