

Weekly Connections

Have you ever had a thought of a person pop into your head? A lot of times we say, "I will call, text them later." Life gets busy and we realize a few days have passed. This is just a tool to help us be intentional with our actions to connect with others.

Below put the name of the person and a specified date and time you will reach out to 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