

# Connection Cards

## How to Use the Connection Cards:

### Step 1: Pick a Card

- Choose one at random
- Or scroll and stop
- Or let someone else pick for you

No overthinking—go with what feels right.

### Step 2: Take Action

Each card will give you a simple idea like:

- Send a message
- Say something kind
- Spend time together
- Check in with someone

You can:

- Do it right away
- Plan it for later
- Adapt it to fit your comfort level

### Step 3: Make It Shared (Optional but Powerful)

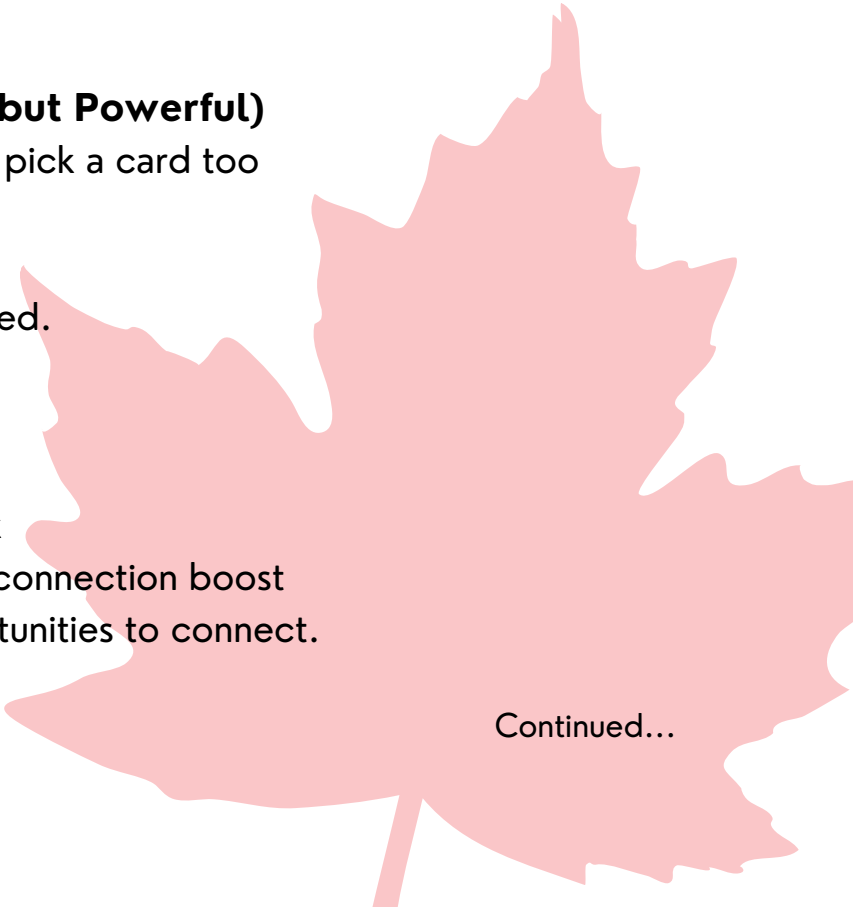
- Invite a friend or family member to pick a card too
- Turn it into a group challenge
- Try one card together

Connection grows faster when it's shared.

### Step 4: Keep It Going

- Do one card a day
- Or pick a few throughout the week
- Come back whenever you need a connection boost

There's no finish line—just more opportunities to connect.



Continued...



### **Card 1**

**Text  
someone  
you miss.**



### **Card 2**

**Tell  
someone  
why they  
matter.**



### **Card 3**

**Really  
listen to  
someone  
today.**



### **Card 4**

**Invite  
someone  
to hang  
out.**



### **Card 5**

**Ask  
someone  
a real  
question.**



### **Card 6**

**Go  
explore  
outside  
with  
someone.**





### **Card 7**

**Do something  
fund  
today.**

### **Card 8**

**Put your  
phone  
away  
today.**

### **Card 9**

**Make  
someone  
smile  
today.**

### **Card 10**

**Check on  
someone  
who might  
be  
struggling.**

### **Card 11**

**Say thank  
you and  
mean it.**

### **Card 12**

**Reconnect  
with  
someone  
you lost  
touch  
with.**