

7-Day Connection Calendar

How to Use the 7-Day Connection Calendar

The 7-Day Connection Calendar is your starting point—a simple, flexible way to build connection into your daily life.

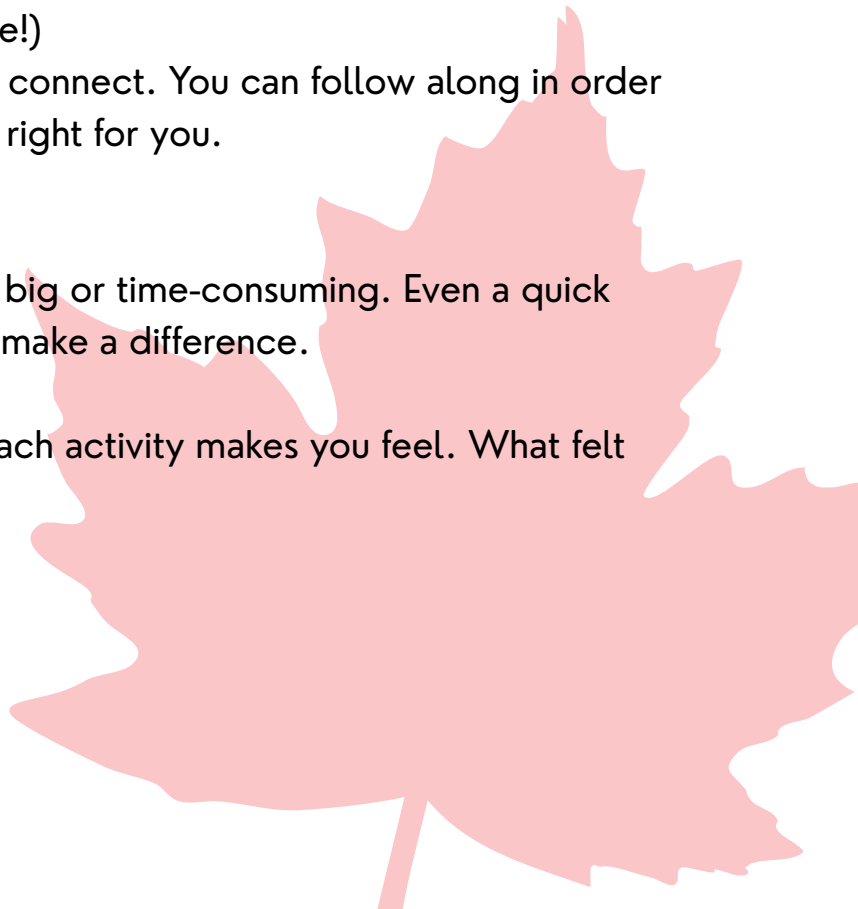
Each day features:

- A small, meaningful action
- A conversation prompt or reflection
- A checkbox to track your progress

There's no pressure to do it perfectly. This isn't about getting everything right—it's about trying, noticing, and connecting in ways that feel comfortable for you.

Getting Started

1. Download or print the calendar
2. Keep it somewhere visible—on the fridge, your desk, or your phone.
3. Start on Day 1 (or jump in anytime!)
4. Each day offers a simple way to connect. You can follow along in order or choose the activities that feel right for you.
5. Make it your own
6. Keep it simple
7. Connection doesn't need to be big or time-consuming. Even a quick message or shared moment can make a difference.
8. Reflect as you go
9. Take a moment to notice how each activity makes you feel. What felt easy? What felt meaningful?



CONNECTION CALENDAR

Sun

Day 1: Start With Hello

CHALLENGE: Say hello to someone new or reconnect with someone you haven't spoken to in a while.

REFLECTION: Who could use a little more connection today?



Mon

Day 2: Check-In

CHALLENGE: Reach out to a friend or family member just to ask how they're doing.

REFLECTION: Can you listen without trying to fix?



Tue

Day 3: Your Circle

CHALLENGE: Draw or list your support circle.

REFLECTION: Who helps you feel safe and supported?



Wed

Day 4: Go Outside Together

CHALLENGE: Take a walk, sit in a park, or get fresh air with someone.

REFLECTION: How does being outside change how you feel?



Thu

Day 5: Say It Out Loud

CHALLENGE: Tell someone why they matter to you.

REFLECTION: What would you want someone to say to you?



Fri

Day 6: Do Something Together

CHALLENGE: Play, cook, create, or share an activity.

REFLECTION: What makes this moment fun or meaningful?



Sat

Day 7: Keep It Going

CHALLENGE: Choose one habit to continue beyond this week.

REFLECTION: What connection will you carry forward?



Note



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