

One Message Today

A very short one: pick one person and send one message before the day ends.

WHEN TO USE THIS

Use this on a day you have not spoken to anyone.

Write down three people you could message today. Anyone counts.

1. _____
2. _____
3. _____

Circle one. Why that one?

Write the message here. Two lines is enough.

Send it before you talk yourself out of it. You do not need a reason to say hello.

One message does not fix a lonely week. It does break it up.