

Reaching One Person

Make contact with one person this week, in the smallest way that still counts.

WHEN TO USE THIS

Use this when you have gone quiet and it is getting harder to break the quiet.

Three people you have not talked to in a while.

1. _____
2. _____
3. _____

Pick the easiest one. What stops you from reaching out to them?

Write the actual message. Short is fine. It does not need explaining.

Been quiet lately. Thinking of you.

When are you sending it?

You do not owe anyone the story of where you went. A short message is enough.