

Staying in Touch When It Is Hard

A simple way to keep hold of people when you do not have much left over.

WHEN TO USE THIS

Use this when you have gone quiet on people and want a way back in.

Who have you not replied to?

1. _____
2. _____
3. _____
4. _____
5. _____

What has made replying hard?

Pick three and plan one small contact each.

WHO	WHAT I WILL SEND	WHEN

A one-line reply is still a reply. 'Sorry for the silence, I have been under it' covers a lot of ground.

How much energy do you have for people this week?

0	1	2	3	4	5	6	7	8	9	10
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None

Plenty

Most people are gladder to hear from you than annoyed about the wait.