

STRENGTHENING MY CONNECTIONS

Who?

Identify 2 or 3 relationships that would be supportive to you that you'd like to strengthen.

How?

What are the best ways to connect with these people that are realistic for you? A phone call? A text? Prayer?

When?

When in your day or week can you do this? In the morning? On Saturdays? And how often can you engage? Once per week or month?

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It's important not to overwhelm yourself with things to do. If calling three people per week leaves you feeling stressed and exhausted, or if it simply isn't happening, don't give up! Instead make a change: focus on fewer relationships, find a method of communicating that is less taxing on you, or commit to reach out less frequently.