



*a better way  
for you.*

# 7 DAY CONNECTION CHALLENGE

— 7 STEPS TO FILLING YOUR CONNECTION TANK —



## DAY 1

On a piece of paper:

Write down your connection type

Reflect on how this connection type has affected your relationships throughout your life

Write one thing you can start doing today to enhancing your connections with others?



## DAY 2

Ring someone you haven't spoken to in a while.

Notice how this makes you feel.



## DAY 4

Think of one person you love and 3 reasons why you love them. Let them know these reasons:

*'I love you because...'*

It will make their day!



## DAY 3

Think of 3 people you trust. Send them a text to let them know:

*'I was asked today to think of 3 people I trust.'*

*You were on my list. Thanks for everything.'*



## DAY 5

Think of 2 people you care about.

Imagine that in 10 years' time they are describing you to someone else in 3 words.

What would you want these words to be?

Can you think of ways to bring these words into your current behaviour?

(This exercise comes from High Performance Habits by Brendon Burchard, 2017).



## DAY 6

Organise to catch up one on one with a friend or family member (or a group of friends/family members).

This could be in the form of a walk, a cup of tea/coffee, or a video call.

(Subject to COVID-19 measures).



## DAY 7

Send a bunch of flowers or a card of gratitude to someone you love.

(This could even be yourself, to brighten up your day)