# Connector Lifestyle Plan

## 7-Day Connection Challenge

Day 1 - Text or call someone you haven’t spoken to in a while.  
Day 2 - Invite someone for a walk, coffee, or casual chat.  
Day 3 - Start a small group message or email circle of like-minded friends.  
Day 4 - Write a thank-you note to someone who made you feel seen.  
Day 5 - Organise a simple gathering - no pressure, just connection.  
Day 6 - Reach out to someone new in your community.  
Day 7 - Reflect: What kind of connection do you crave most now - and how can you nurture it?

## Community Ritual Templates

- Monthly Potluck Night  
- Sunrise or Sunset Walk Club  
- Weekly “Call a Friend” Hour  
- Story Circle: Take turns sharing memories or reflections  
- Shared Playlist Exchange: Swap your 10 favourite songs with someone new

## Conversation Starters

- What’s something you’ve learned about yourself recently?  
- If you could spend a day doing anything - no limits - what would it be?  
- What’s a book, song, or memory that always lifts you up?  
- Who’s someone you admire - and why?  
- What would a ‘connected life’ look like for you this year?