

Title: \$0, 7-day Challenge

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Is_self: True

Late-night Mental Health Monday drop.

A no-cost weekly challenge for y'all:

Everyone has a few people you regularly interact with during your daily life but never took any time for. It could be that cashier at a gas station's store. The barista at a cafe. The lobby guy on the way into the office. That guy who's always on the corner staring at a tree, muttering about the squirrels. That lady who always just glares at everyone from her second-floor balcony and angrily strokes the cat on her lap.

The challenge is simple:

Learn their name, remember it, and greet them with it the next time you see them. You never know who might need to feel seen.