

30 day challenge

Share a moment 

30 days. 30 small moments of connection.

Loneliness can be hard to see. But connection can start with something very small.

For the next 30 days, choose one simple way each day to notice someone, reach out, include them or spend a little time together.

No big gestures. No special skills. Just a moment that says: **I see you. You matter.**

Week 1 – Notice

Look up. Say hello.
Notice who's around you.

○ Day 1

Say hello first

Smile and say hello to someone you cross paths with today.

○ Day 2

Learn someone's name

Introduce yourself to someone you regularly see but don't really know.

○ Day 3

Share a cuppa

Make two instead of one and invite someone to join you.

○ Day 4

Ask the second question

Go beyond "How are you?" and ask, "How are you really going?"

○ Day 5

Notice who's missing

Check in with someone you haven't seen or heard from lately.

○ Day 6

Make someone feel seen

Tell someone something positive you've noticed about them.

○ Day 7

Notice the person on their own

Say hello, sit nearby or invite them into the conversation.

Week 2 – Reach out

Send the message.
Make the call. Reconnect.

○ Day 8

Send the "thinking of you" message

No reason needed. Let someone know they crossed your mind.

○ Day 9

Make the call

Call someone you would normally text.

○ Day 10

Reconnect

Reach out to someone you haven't spoken to in a while.

○ Day 11

Share a laugh

Send someone a joke, funny photo or something you know will make them smile.

○ Day 12

Share a memory

Send someone a photo or memory from a time you shared together.

○ Day 13

Send an unexpected thank you

Tell someone why something they did mattered to you.

○ Day 14

Check in twice

Follow up with someone you've already checked on. Sometimes the second conversation matters most.

Share a moment

Week 3 – Make room

Invite. Include. Share. Listen.

○ Day 15

Invite someone along

Ask someone to join you for something you were already planning to do.

○ Day 16

Walk and talk

Invite someone for a short walk and a chat.

○ Day 17

Share a meal

Eat with someone rather than eating alone.

○ Day 18

Make room at the table

Invite someone into your group, conversation, or lunch break.

○ Day 19

Give someone your full attention

Put your phone away and really listen for five minutes.

○ Day 20

Ask “Want some company?”

Offer your presence rather than waiting for someone to ask.

○ Day 21

Include the quiet voice

Ask someone who hasn't spoken what they think, or bring them into the conversation.

Week 4 – Connect

Strengthen relationships and create new ones.

○ Day 22

Talk to a familiar face

Start a conversation with someone you regularly see at the shops, café, bus stop, school gate, gym or dog park.

○ Day 23

Ask someone about something they love

Their garden, pet, family, sport, hobby or favourite place — then listen.

○ Day 24

Learn something from someone

Ask someone to show you, teach you, or tell you something they know.

○ Day 25

Tell someone why you appreciate them

Be specific — tell them what they bring to your life, workplace, or community.

○ Day 26

Share something

Offer something you've made, grown, baked, read, or enjoyed as a reason to connect.

○ Day 27

Celebrate a small win

Notice something someone has achieved and acknowledge it.

○ Day 28

Make a new connection

Introduce yourself to someone new, or introduce two people who might enjoy knowing each other.

Final days – Keep it going

Make connection something we continue beyond October.

○ Day 29

Share a Moment your way

Choose someone and create your own small moment of connection.

Don't stop at day 30. Connection doesn't need a special occasion. Who could you Share a Moment with tomorrow?

○ Day 30

Pass it on

Invite someone else to Share a Moment – and decide who you'll connect with tomorrow.