

30 day challenge

30 days. 30 small moments of connection.

Loneliness can be hard to see, but connection can start with something 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.



Day 1	Day 2	Day 3	Day 4	Day 5
Day 6	Day 7	Day 8	Day 9	Day 10
Day 11	Day 12	Day 13	Day 14	Day 15
Day 16	Day 17	Day 18	Day 19	Day 20
Day 21	Day 22	Day 23	Day 24	Day 25
Day 26	Day 27	Day 28	Day 29	Day 30