

SENDOUTCARDS

# RELATIONSHIP BUILDING CHALLENGE

Follow each daily prompt to enhance the relationships in your life! Whether creating new relationships or helping consistent ones grow, this list will help you recognize where you could be doing MORE - more to connect, more to appreciate, and ultimately more to celebrate.

## JANUARY 2019

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

		01 TRY OUT A LOCAL COFFEE SHOP	02 STOP WHAT YOU'RE DOING AND SEND A CARD!	03 CONNECT WITH A CO-WORKER YOU NEVER HAVE BEFORE	04 SHARE AN INSPIRING PODCAST	05 CHAT WITH SOMEONE IN THE GROCERY LINE
06 TRY A NEW CLASS	07 CHECK OUT A RECOMMENDED RESTAURANT	08 GIVE A RANDOM COMPLIMENT TO A STRANGER	09 DO A RANDOM ACT OF KINDNESS	10 SEND OUT A HEARTFELT THANK YOU CARD	11 JOIN A HOBBY FACEBOOK GROUP	12 THROW A PARTY!
13 VOLUNTEER AT YOUR FAVORITE CHARITY	14 CONDUCT A ONE-ON-ONE MEETING	15 SEND A CARD TO YOUR DENTIST	16 RECONNECT WITH AN OLD FRIEND	17 MAKE EYE CONTACT & SMILE AT PEOPLE AS YOU PASS BY	18 SEND A CARD TO YOUR BARISTA	19 GET TO KNOW SOMEONE'S LIFE STORY
20 HAVE A CARD CREATION PARTY - SEND OUT SOME KINDNESS!	21 FIND SOMETHING IN COMMON WITH A STRANGER	22 CONNECT WITH YOUR DELIVERY PERSON	23 SEND YOUR DOCTOR A CARD	24 READ A NEW PERSONAL DEVELOPMENT BOOK	25 INVITE SOMEONE TO AN EVENT	26 VISIT A NEW PARK
27 SEND OUT A JUST BECAUSE CARD	28 REACH OUT TO A PAST TEACHER	29 CALL A PARENT OR LOVED ONE SIMPLY CONNECT	30 GO TO A COMMUNITY EVENT	31 SEND A CARD TO YOUR HAIRDRESSER OR BARBER		

Each time you complete a prompt, share your story in the Official SendOutCards Group with [#SendOutCards](#) to let us all know how it is going!