

COMMIT TO *CONNECTION*

JULY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



Spend time connecting with others. Commit to at least three activities from the list below.

- Have dinner or coffee with friends
- Go on a walk with a friend or pet
- Call someone out of the blue
- Connect with a new colleague
- Join a book club

