

30 Days of Connection

Here is a whole month's worth of ideas for connecting with others, something that is so important for our quality of life. You don't need to do them in order, you don't need to do them at all! Pick and choose whichever suit you the most ..or add your own.

- 1  Post a letter to someone you've not heard from in a while. An actual letter, on paper in an envelope.
- 2  Invite a friend for breakfast. Even if it's just coffee and toast, keep it simple and you can both focus on kitchen table conversation rather than preparation and washing up.
- 3  Greet a stranger today, with a genuine smile. Another walker, the bus driver, or the person on the checkout.
- 4  Join a virtual book club! Boo have one, once a month on a Monday evening, email hello@boo-consulting.com for more info.
- 5  Say something kind or complimentary to someone you admire. Sometimes it feels a little awkward doing this, but the boost to their happiness is ample reward.
- 6  Plan a walk with a friend. Perhaps you have a regular route in your local area that you can share with them, or they might have one to share with you. If you know a few things about history of the area, or about the local flora and fauna, you could be their guide for the day.
- 7  Eat outdoors – a barbecue, a picnic in the garden, or even just bring your toast and coffee outside. Huddle under blankets if it's cold.
- 8  Write a list of things you'd like to do this year, and places you'd like to visit. See if your friends have anything similar on their lists and plan to do one of those things together. It could be something very specific – like going to see a certain band perform – or as simple as 'I'd like to dip my toes in the sea'.
- 9  If you know someone has something important going on in their life right now, send them a message to ask how it's going, and how they are. Write down all the appointments that your friends/family are going to and ask how they went on the day.
- 10  Do something new – do an escape room, go paintballing, hire a rowing boat, go swimming together, play mini golf, go camping! Be the organiser, and recruit people to join in.
- 11  Buy an 'unbirthday' card or a little present for someone – not because it's their birthday, but just because you like them.
- 12  Start a friendship ritual - for example, every December 22nd you all visit the Christmas markets, or every third Saturday in July you tackle the same Lake District fell each year, or every January you have a spa day.
- 13  Volunteer - find something that matters to you and join other people with the same passion.
- 14  Do something creative; crafting, candle making, pottery, build something, go to an art class.
- 15  Arrange a local litter pick.
- 16  Do some guerrilla gardening - brighten up a dull spot with some colourful plants.
- 17  Do a night time walk to look at the stars. This is especially exciting when there's an unusual astronomical event due (like a meteor shower) but really all you need is a clear night and some open sky.
- 18  Leave a post-it note on someone's car windscreen with a happy message for them.
- 19  Put some bird food out in the garden to encourage the birds and connect with nature.
- 20  Leave a voice note for a friend saying hello and that you were thinking about them.
- 21  Virtual hang outs don't have to be just for when we're in the middle of a pandemic lockdown, if you live far away from someone have a virtual dinner with them (or cocktails).
- 22  Draw a picture for a friend or relative's child - it doesn't need to be a perfect picture but they will appreciate it and so will they!
- 23  Print and send a photograph of a lovely time you've had with someone, with a note of the fond memory in the picture.
- 24  Instead of sending a text, record a video of what you were going to say- they get the bonus of seeing and hearing you too!
- 25  Plan a date night once a month- with a friend, family member or partner - where you agree to have some space without phones to do something fun together. You can alternate who decides what to do each month.
- 26  Ask a friend if they can introduce you to a hobby they like. Tennis? Model making? Wild Swimming?
- 27  Seize an opportunity to help someone else out of unconditional goodwill. For example, help a friend to move house, or prepare for a job interview, or help someone in your local area look for their missing pet.
- 28  Find an online multi-player game (through an app, console or PC) that you and a friend both enjoy.
- 29  Introduce yourself to your neighbours! Post a little card through their door with your name, and you could even include contact details in case they ever need help.
- 30  Tell someone that you are grateful for something they've done for you, or even just for being them. Take the opportunity to say the lovely things that you wish you'd never left unsaid.



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