

One Month of Connection & Meeting People in August



	S	M	T	W	T	F	S
2 L A S T S	30 Check in with friends/family you haven't talked to this month.	31 Send a postcard to a friend who lives in a different city.	28 	29 	30	31 	1 Host a trivia/board game night (at home or online with friends).
	2 Make a care package for a friend or family member.	3 Call a family member to catch up.	4 Compliment someone on their skills or talents.	5 Schedule a video call with a long-distance friend.	6 Meet up with a friend for coffee.	7 Send a thank you note to someone who helped you recently.	8 Volunteer for the day.
	9 Have a picnic outdoor with family or friends.	10 Share a book recommendation with a friend.	11 Try a group workout class.	12 Plan to attend a networking event.	13 Think of a new family tradition you want to start.	14 Share an inspirational playlist with a friend.	15 Join a language exchange group.
	16 Meet up with friends for brunch.	17 Try a new conversation starter today.	18 Meet up with friends for dinner.	19 Try to say only positive things today.	20 Share a photo of a happy memory with the friend in the photo.	21 Send a 'remember when...' message to a friend reminding them of a good time.	22 Host a potluck with friends or family.
	23 Attend a skills workshop with other people.	24 Try to learn something new about the people in your life today.	25 Send a voice message to a friend.	26 Surprise a friend or family member with a small gift.	27 Do at least one act of kindness today.	28 Go for a walk with a friend.	29 Host movie night with friends or family.