



Inspiring Everyday Connection

Connection Pledge

Connection doesn't happen by accident. It happens through small, everyday choices. Research shows that simple habits, done consistently, can strengthen relationships, increase trust, and improve well-being for both individuals and communities.

MY CONNECTION COMMITMENT

I pledge to practice these habits to help people feel seen, valued and connected:

- ☐ **Ask for help**
I will ask for help when I need it and invite others to contribute, knowing people feel more connected when they are needed.
- ☐ **Put my phone down**
When I'm with others, I will give them my full attention.
- ☐ **Make eye contact and use names**
I will acknowledge people by name and make eye contact to show they matter.
- ☐ **Meet my neighbors**
I will take small steps to get to know the people who live around me.
- ☐ **Say thank you—specifically**
I will express genuine appreciation and name what I'm grateful for.
- ☐ **Join something**
I will participate in a group, activity, or community effort.
- ☐ **Offer small acts of kindness**
I will look for simple ways to help or support someone.
- ☐ **Show up consistently**
I will remember that connection grows through repeated small interactions.

MY FIRST STEP

One habit I will start practicing this week: _____

One person I will connect with: _____

SIGNATURE OF COMMITMENT

When we write something down and share it, we are far more likely to follow through.

Signature: _____

Date _____

(Optional) I will share this commitment with someone who can help keep me accountable.

Small habits build strong communities. When we practice connection daily, we strengthen not only our relationships—but the health of our communities.