

Brain Dump

Easy Ways to Connect This Week

DATE: _____

S M T W T F S

My Current Week at a Glance (appointments, kid activities, work)

| | |
|--------------------------|-------|
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |

Quick & Easy Connection Ideas (Check all that apply)

- ☐ Send a text to an old friend.
- ☐ Call a family member during a quiet moment.
- ☐ Reply to someone's social media story or post.
- ☐ Wave or say hello to another parent at school;
- ☐ Make a quick comment in an online mom group.
- ☐ Listen actively to a child's friend when they're over.
- ☐ Ask another parent a simple question at an activity
- ☐ Send a photo or funny story to a mom friend.
- ☐ Offer a small compliment to another mom.

Space for one or two personalized, easy ideas

Potential "In-Real-Life" Connection Opportunities This Week (Choose 1-2 small actions)

| | |
|--------------------------|-------|
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |

My "Online Connection" Goals This Week

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|--------------------------|-------|
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |

How Might These Small Connections Make Me Feel?

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| _____ |
| _____ |