

- 1) CHOOSE TO CONNECT EVERY DAY. Preferably face to face. Phone call is next best. Texting is LAST.**
- 2) Make a List of people you would like to be closer to, and love more. Start connecting!**
- 3) Offer Love. Tasks, talk, touch. What do you have to offer? People need you!**
- 4) Make Love Requests! Invite people into your life. Let people Love you. Practice Receiving Love.**
- 5) Get Physical. Initiate more Physical Touch.**
- 6) Have Emotional Conversations. Make Emotional Connections.**
- 7) Drastically reduce ALL screen time for 30 days. TV, Computer, Phone, Everything. You will be happier.**
- 8) Be Still. Replace screen time with quiet heart time. God time, people time, nothing time.**
- 9) Practice Together. Do your 30 day Experiment WITH someone. Not alone! Get a partner or small group.**
- 10) Commit daily to being a Giving Love, Receiving Love person.**