

acceleration

BY DESIGN



Fall 2018 ReConnection Crusade

Thank you for your interest in my Fall 2018 Reconnection Crusade. Over the next 31 days, whether you check off a few items, 5 items, 10 items or more...it will be a step towards reconnecting with those in your life who are important to you, to have an impact on your neighborhood or your community and to give yourself the attention that you deserve. For maximum impact, just for the purposes of this crusade, please refrain from emailing, instant messaging or texting the challenges. That's too easy and does not constitute "effort". A box of note cards, a few stamps, a few calls, a few errands and a couple of projects will completely change your outlook. If you follow this checklist of Reconnection Challenges, your heart will be filled with wonderful conversations, old & new memories and renewed purpose. I look forward to hearing from you after the month of October to see how your crusade to be more present in your life feels!

- O Write THREE thank you notes to service providers who provide convenience and smiles to your life. (post office, cleaners, Sunday school teachers, bank tellers, waiters, UPS driver, etc.).
- O Call your siblings just to say hello. If no siblings, then cousins.
- O Call TWO friends from high school.
- O Write a note to THREE veterans thanking them for their service.
- O Bake (or buy) two dozen cookies, divide by four, package with a note & take to SIX neighbors.
- O Invite a friend (or TWO) for a one-hour walk.
- O Leave behind an extra \$5 tip and a note telling a waiter you appreciate them.
- O Get FIVE \$2 dollar bills from the bank and give them away randomly. \$2 bills are special. It tells someone you think they are special!

- O Call TWO friends from your twenties to say hello.
- O Write THREE notes to people who are struggling with illness, grieving or sadness.
- O Leave ONE note and a candy bar or \$5 gift card on someone's car telling them to have a great day. (don't do it anonymously or that might be creepy!)
- O Leave ONE small flag and a thank you note on the porch of a veteran.
- O Leave an extra \$10 at the drive thru & tell the staff you want to pay forward for the car behind you.
- O Go for a walk and pick up a grocery bag of trash while you are strolling.
- O Call or write a former neighbor.
- O Call or write a former teacher.
- O Call or write a former mentor.
- O Call or write someone younger than you with encouragement and advice of a lesson learned.
- O Write a note to someone older than you with thanks or encouragement.
- O Send a note of encouragement to a pastor, rabbi, priest, friend or anyone who gives you spiritual support or guidance.
- O Write a note of hello to FIVE out of town friends to say you are thinking about them.
- O Write a note of hello to FIVE in-town friends to say you are thinking about them.
- O Drop off FIVE notes of hello tied to FIVE balloons to a senior living center and ask the staff to deliver to residents who rarely get visitors. Then go back a few days later & actually visit them.
- O Invite THREE people over for Saturday morning coffee or Friday evening beer/wine.
- O Write notes to FOUR extended family members with an old photo memory or a favorite recipe.
- O Call TWO current or former colleagues or associates and tell them they are doing a great job!
- O Write a note to THREE young children and tell them you are proud of them.
- O Write a note to THREE teenagers telling them good luck in school.

- O Send \$10 to a charity that is completely out of your normal giving zone. Pick a cause you have never donated to before.
- O Volunteer a few hours at an animal shelter. Take old blankets & towels with you to donate.
- O Write down THREE special/important memories from your childhood and send to family members.
- O Organize your important papers. (wills, DNR's, insurance, investments, banking, real estate, taxes, plans, wishes, etc.). This will give you peace of mind and will be a gift to your family. Then put it away and don't give it another thought.
- O Go to the library. Sit and read magazines you don't subscribe to. Enjoy the quiet. Browse the best sellers and autobiographies. Check out a book and read it the old-fashioned way.
- O While raking your fall leaves or cleaning your flowerbeds, do the same for a neighbor who might have a harder time getting it done. If you don't have a flowerbed, pick up a mum at the store and surprise someone with it. Mums are the happy flowers of Fall.
- O Write a note to a new mother or father with encouragement & advice. Tell them they are doing good!
- O Ask some neighborhood kids to help you with a lemonade stand to raise funds for a local charity. Work with them and enjoy their company. Or ask them to help you paint a house, wash a car, rake a yard, etc. Kids are great fun to work with. It will do both generations good to be outside and with each other.
- O Identify a fun memory...a trip, a party, an event, a joke....and send a note to others who were involved. Tell them how much that memory still makes you smile. It will make them smile too!
- O Next time there is a community/school/work/church etc. event, call someone who you know is struggling in life and tell them you have them covered. Bake twice as much, cover their donation, cover their time to work...it's a beautiful and easy way to relieve the stress of someone you care about.
- O Drop a note to someone who has wronged you, hurt you or upset you. Tell them you are in a place of forgiveness and that time moves on. Tell them you wish them well in their life. Each day is so precious, and life is too short to spend your life in anger and hurt. Forgiving someone does not erase or excuse the act, it just means you are no longer letting it take up space in your life, your mind or your heart. This might be the hardest thing to do, but it's liberating, I promise.

- O Acknowledge your parents. If they are alive, then call them. Take them on a date. Facetime them, if you can. Research says that regret about losing a close connection with parents is most people's biggest regret as an adult. If they are no longer with us, then make your mom's favorite recipe. Make a donation, in their name, to their favorite cause. Or plant a tree and dedicate it to them. Being with them, remembering them, honoring them is a gift that will show your children how important family really is. This will make your heart happy.
- O Go through your social media accounts and unfriend or unfollow people who do not share your values, your interests or your goals in life. It is ok to keep friends with whom you disagree with. Debate is healthy. But negativity, hurtful rhetoric, accusations, patronization, stereotyping, offensive comments, etc. is not. There is NO social media police. YOU are in control of who YOU follow and don't follow on social media. Take your power back. Only stay connected to those that have a positive impact on your life.

Take a deep breath. Take a nap. Put away your phone. Take a walk. Sing out loud. Dance in the kitchen. Eat some cake. Rejuvenate.

Every day is a new day and a new chance to reach out to your family, your friends and your community. Remember the beauty of the past. Live in the present.

It's never too late to ReConnect.