

RELATIONSHIP & CONNECTION TEMPLATES

Deepen your bonds, from friends to family.

SPECIFIC BEATS BROAD

Use these prompts to push further:

Question: What conversation stayed with me?

Thinking of the deep talk with my brother...

.....

Question: Who made my day easier?

My best friend, just by checking in...

.....

Question: What kindness do I want to remember?

A colleague offering help...

.....



EXPLORE THE TEMPLATES