

My Action Plan

Reaching Out and Building Relationships

Action Items	I <u>will do</u> this...	I might do this...	I will think about doing this...
Talk to one person about my feelings.			
Help someone else by volunteering.			
Have lunch or coffee with a friend.			
Ask a loved one to check in with me regularly.			
Accompany someone to the movies, a concert, or a small get-together.			
Call or email an old friend.			
Go for a walk with a workout buddy.			
Schedule a weekly dinner date.			
Meet new people by taking a class or joining a club.			
Confide in a counselor, therapist, or clergy member.			
Other Things I can do...			

