

7 DAYS

OF CONNECTION
CHALLENGE



DAY 1



Share Memories Together: Take a walk down memory lane with your loved one. Ask them to share their favourite memory with you. You can even ask them to show you old photos or memorabilia from their past.

Cook a Meal Together: Cooking a meal together is a great way to bond and learn something new. Ask your loved one to share a favourite recipe with you and work together to prepare it.

DAY 3



Play a Game Together: Playing games is a fun way to connect with your loved one. You can play a board game, a card game, or even a video game. Ask your loved one if they have a favourite game they would like to play.

Go for a Walk Together: Going for a walk is a great way to get some fresh air and exercise while bonding with your loved one. You can explore a new area or walk around your neighbourhood.

DAY 5



Watch a Movie Together: Watching a movie is a relaxing way to spend time with your loved one. Ask them if they have a favourite movie they would like to watch together.

Listen to Music Together: Listening to music can be a powerful way to connect with your loved one. Ask them to share their favourite songs with you and take turns listening to each other's favourite music.

DAY 7



Write Letters to Each Other: Writing letters is a thoughtful way to communicate with your loved one. Take the time to write a heartfelt letter to each other, sharing your thoughts and feelings. You can even exchange your letters at the end of the day.

DAY 2



DAY 4



DAY 6



The Connection Doesn't Stop Here

Connection is built one moment at a time, and you've just created seven beautiful ones. What's next?

Here are some ideas to keep going:

- Revisit your loved one's favourite challenge day.
- Create your own 7-day connection version together.
- Share your reflections with a friend or support group.
- Visit connectionwithlana.com for more inspiration.

Share your experience with others, and tag @connectionwithlana





Your guide
to
connection

Ways to connect



You have up to **30 mins...**

- Call your loved one to say hi and tell them you were thinking of them.
- Drop off flowers, treats or a hand-written note at your loved one's door.



You have up to **4 hours...**

- Invite a loved one out for a meal or cook their favourite dish at home.
- Get active with your loved one, go for a long walk, play golf or put on your favourite tunes and dance!



You have **1 day or more**

- Plan a fun day out or weekend away with your loved one. Explore a new place and try a new activity.
- Learn and connect by signing up for a cooking class, yoga retreat or anything else based on your interests.

Every moment matters.

Connection doesn't always need to be grand
or time-consuming, it simply needs to be
intentional.

Whether it's a 2-minute call or a shared
weekend adventure, what matters most is
your presence.

Keep choosing connection.

Keep showing up.

Keep the moments flowing.



**SHARE YOUR EXPERIENCE WITH OTHERS, AND TAG
@CONNECTIONWITHLANA**