

Connection plan: a one-page worksheet for building a social life

1. What's missing most right now?

Circle one:

☐ company ☐ someone to tell things to ☐ being known ☐ a group ☐ someone to count on

2. One setting that repeats.

Name: _____ Day and time: _____ How you'll get there: _____

Cost a month: _____

Does it welcome newcomers? ☐ yes ☐ not sure

3. Three visits.

	Date	One name you learned	One thing they said
Visit 1			
Visit 2			
Visit 3			

4. One follow-up.

Who: _____ What you'll suggest: _____ When you'll ask: _____

The words you'll use, in one line:

5. Look back after the third visit.

☐ keep it ☐ add a second setting ☐ swap it

What got in the way, if anything:

☐ time ☐ money ☐ nerves ☐ the place itself

6. Reset.

If this setting didn't work, cross it out and write the next one here. Same plan, new place.

Someone you already know whom you'll message this week:

Free to print and share. Please don't sell it.

If you are in the US and having thoughts of suicide or self-harm, or need crisis support, call or text 988 or use 988 online chat (988lifeline.org). For an immediate life-threatening emergency, call 911.