WORKSHEET **Twenty Small Yeses**

Read the list and tick three detours you'll try this week. Mix small and bold ones if you like. Add your own ideas on the blank lines, and write down what happened after each one.

- ☐ Walk a different way on your usual walk.
- ☐ Shop at a different grocery store or market this weekend.
- ☐ Try a park, trail or dog park you've never visited.
- ☐ Say yes to the next neighbor who invites you to something.
- ☐ Go to a block party, a school fair or a community event.
- ☐ Volunteer for one small job at a gathering.
- ☐ Answer an old friend's text with a plan, not just a reply.
- ☐ Ask an older relative a question you've never asked.
- ☐ Accept a coworker's lunch or coffee invitation.
- ☐ Go to one beginner class: pottery, climbing, dance, cooking.
- ☐ Try a trivia night, a book club or a pickup game.
- ☐ Stay ten minutes longer after church, the game or the meeting.
- ☐ Bring cookies or a plant to a new neighbor.
- ☐ Ask someone at the gym, park or pickup line their name.
- ☐ Say yes to being someone's plus-one.
- ☐ Invite a neighbor or friend for coffee or a walk.
- ☐ Host a simple game night or potluck.

☐ _____

☐ _____

☐ _____

My three for this week: _____

What happened: _____

The follow-up I sent: _____

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