

Sustainable Connection Checklist

A Simple Guide to Building Closeness Without Burning Out

This tool is a way to slow connection down, notice your capacity, and practice small, sustainable moments of closeness.

Use it daily, weekly, or whenever you notice connection starting to feel heavy.

Step 1: Start With Capacity

Before you reach out to anyone, take a moment to check in with yourself.

Today, my capacity for connection feels like:

- Very limited — something small feels right
- Moderate — I can handle a brief exchange
- More available — I have space for a longer conversation

Notes:

Step 2: Choose One Small Moment

Choose one small moment of connection for today.

- A short message
- A brief check-in
- Acknowledging someone without opening a long conversation
- Other: _____

Who is this connection with?

Step 3: Ground the Connection in Something Real

Instead of something generic, choose something specific and honest.

- "I was thinking about what you said the other day."
- "You handled that situation really well."
- "This reminded me of you."
- My own words:

Step 4: Let the Moment Be Enough

After you connect, pause and remind yourself:

- I don't need to keep this conversation going
- I don't need to wait for a response
- I don't need to turn this into more than it is

This moment counts as connection.

Step 5: Notice the After

Later—today or tomorrow—check in with yourself.

After this connection, I felt:

- Supported
- Neutral
- A little drained

Notes:
