Cultivate Community

Make connection the intention! In today's busy world, community rarely happens on its own. It takes effort to show up, reach out, and get involved. Although building a village requires commitment, it can strengthen mental and physical health, foster resilience, and encourage healthier habits.

Seek Alignment

- Attend discussion groups on topics of interest
- Take a group fitness class that motivates you
- Join a spiritual community with shared beliefs
- Volunteer for a cause that reflects personal values
- Enroll in a hobby-based class (e.g., cooking, photography)



Take Initiative

- Start a local walking group
- Organize a craft or book club
- Coordinate a game or trivia night
- Host a neighborhood potluck dinner
- Gather a group to volunteer together



Stay Consistent

- Choose one activity to attend weekly
- Show up to meetings, classes, or events regularly
- Arrive early or stay afterward to get to know others
- Offer to help organize future activities to stay involved
- Keep in touch with new people by texting or calling

