THE INTERNAL ATLAS

STAYING *Connected*

A simple guide to being more intentional with the people in your life.

EXPLORING THE MANY PATHS TO HEALING

theinternalatlas.com

BEFORE YOU BEGIN

Staying connected doesn't always happen as naturally as we think it should.

IWe can care about someone, think about them often, and still realize it's been weeks—or even months—since we've actually talked.

Life gets busy. Schedules don't line up. Someone moves away. We tell ourselves we'll reach out later, and somehow later keeps getting pushed back.

Staying connected doesn't have to mean talking every day or constantly making plans. Different relationships need different things.

This guide is simply a chance to think about the people you want to stay connected to and find small, realistic ways to make a little more room for those relationships in your life.

It doesn't have to be complicated.



WHO DO YOU WANT TO STAY CONNECTED TO?

Start with the people who come to mind first.

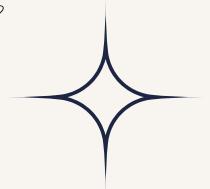
01 — WHO HAVE YOU BEEN MEANING TO REACH OUT TO?

Write down a few names. Don’t worry about why you haven’t connected yet.

02 — WHO WOULD YOU LIKE TO MAKE MORE TIME FOR?

Think about the people you enjoy being around but don’t always make plans with.

Who are you thinking about right now?



WHAT GETS IN THE WAY?

Sometimes staying connected is less about how much we care and more about everything else going on.

03 — WHAT MAKES IT HARD TO STAY IN TOUCH?

Maybe it's busy schedules, distance, work, family responsibilities, or simply getting distracted by everyday life.

04 — IS THERE SOMETHING YOU KEEP PUTTING OFF?

A text you've been meaning to send. Plans you keep saying you'll make. A phone call you haven't gotten around to.

No guilt. Just notice what gets in the way.

FIND WHAT WORKS FOR YOU

Connection can look different with different people.

05 — HOW DO YOU LIKE TO CONNECT?

Coffee or lunch · A walk · Phone calls · Texting · FaceTime · Shared hobbies · Something else

06 — WHAT COULD MAKE IT EASIER?

Maybe it’s putting plans on the calendar, setting a regular time to catch up, or simply reaching out when someone crosses your mind.

Keep it simple.



MAKE A CONNECTION PLAN

Choose one person and keep it simple.

07 — WHO DO YOU WANT TO CONNECT WITH?

08 — WHAT WOULD YOU LIKE TO DO?

Send a text · Make a call · Grab coffee · Take a walk · Make plans · Something else

09 — WHEN WILL YOU DO IT?

Today · This week · This month · Pick a date

One small step is enough.



A NOTE FROM ERICA

I'm learning that staying connected doesn't always happen automatically.

We can care about people, think about them often, and still let weeks or months go by without reaching out. Life gets busy, and sometimes we just need to be a little more intentional.

It doesn't have to mean making more plans or adding something else to your schedule. Sometimes it's simply sending the text, making the call, or finally getting something on the calendar.

The people in our lives are worth making room for.

Reach out. Make the plans. See how it feels.

And keep exploring.

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