

## Rebuilding Social Circles

# Day 5 - One Social Habit

Small, repeatable, and scheduled.

### ***Why this helps***

A weekly or daily social habit beats bursts of effort. Predictable routines (walk, tea, call) slowly rebuild circles without burnout.

### ***How to do it***

Choose one habit (10-30 minutes): morning park walk, Thursday tea hour, Sunday family call. Put it in your calendar and tell one person.

### ***Example***

Habit: 15-minute park loop at 7:30am Mon/Wed/Fri; invite neighbor Imran to join on Wednesdays.

### ***Activity - Habit Builder***

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My habit (what + how long)

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Days & times

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Who I will tell/invite

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How I will track it (tick marks, calendar)

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