

## beating loneliness as an introvert

a month-ish of activities to make sure you don't introvert \*too\* hard



Pray as you fall asleep	Have a picnic with your family	Facetime a coworker	Make your mom's day	Go to the grocery store	Make your teacher's day	Go for a bike ride
Pray on your porch for 30 minutes	Have a movie night featuring old childhood favorites	Facetime a friend you've just been texting	Make your dad's day	Go on a pointless drive	Make your boss's day	Circle the library and sob at all the books not being read
Pray in the shower	Make an icecream or pizza bar	Do a Zoom prayer session with a large friend group	Make your friend's day	Go pick up local food for dinner	Make a small business owner's day	Drive through an area you love
Pray before your workout	Have a "you night": let someone else choose	Have a Zoom Bible study	Make your sibling's day	Take a walk with a sibling	Make a cashier or food service worker's day	Take a drive with the windows down

