

# 10 Ideas to Nurture Your Home Team

1

Write down HOW and HOW OFTEN you'd like to be in touch with each person in your home team (intention)

2

Share life events with your people in real time (instead of waiting until your next gathering)

3

Be vulnerable by sharing your struggles. Watch in amazement how they reciprocate that, and your relationship deepens.

4

Ask for help. People love to help. Even if it's to help prioritize your to-do list.

5

Write down their important occasions and connect on those days. Birthdays, anniversaries (joyful ones and painfully hard ones).

6

Text with random things. Funny stories, memories, inside jokes, and anything that made you think of them.

7

Send a card by mail.

8

Be their cheerleader. Be the friend in their corner that celebrates their (and their family's) wins, and sends encouragement and hype when they need it.

9

Contact and comment directly, not just through their social media posts.

10

Talk about the hard things. Even when it's uncomfortable.