



# Connection Countdown

**30 Days to Stronger Friendships**

**Join us for a 30 Day challenge to connect  
and make deeper connections with the  
people around us!**



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## **monthly message from bestie Dani**

This month's theme introduced

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1 challenge every day to connect & make deeper connections with those around us

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Challenges are always fun, but prizes add in a little motivation!

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## **daily reminder**

Print this quote out as a daily reminder of why you're doing this challenge!



# hey bestie!

We are so excited to have you join us on this journey to strengthen and deepen the connections that matter most in our lives. Over the next 30 days, we'll be taking small, yet impactful steps toward building stronger, more meaningful friendships.

Each day, you'll be given a simple challenge that takes just five minutes or less to complete, but these small acts have the power to light up the lives of those around you—and your own as well!

In our fast-paced world, it's easy to let our connections slip to the background. But this challenge is a reminder that our relationships are one of our greatest sources of joy and support. Whether you're rekindling old friendships or deepening existing ones, this challenge is designed to help you be the light in someone else's life while also brightening your own. We encourage you to embrace each day's task with an open heart and a spirit of kindness.

Thank you for being part of this community and for your commitment to spreading positivity and connection! Let's make these next 30 days a celebration of friendship and connection, one small act at a time. We can't wait to see the difference we'll make together!

**THE BESTIE SQUAD ROCKS!!!**

**love you!!!**

*xoxo Dani*

Founder, Today's The Best Day



# September

Join us for a **30 Day challenge** to connect & make deeper connections with the people around us!

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>Week one: Reach Out &amp; Reconnect</b>	<b>1</b> Reach out and reconnect.	<b>2</b> Send a "Thinking of You" text to an old friend.	<b>3</b> Share a favorite memory with a friend.	<b>4</b> Send a funny meme or video to a friend who needs a laugh.	<b>5</b> Make a quick phone call to check in on a friend.	<b>6</b> Leave a positive comment on a friend's social media post.	<b>7</b> Send a "Just Because" e-card or physical card to a friend.
<b>Week Two: Small Acts Of Kindness</b>	<b>8</b> Send a handwritten note or postcard to a friend.	<b>9</b> Offer to help a friend with a small task or errand.	<b>10</b> Drop off or mail a treat to a friend's home.	<b>11</b> Recommend a book, podcast, or movie you think a friend would love.	<b>12</b> Share something you admire about a friend with them.	<b>13</b> Send a friend an inspiring quote or scripture.	<b>14</b> Offer a prayer or positive thought for a friend.
<b>Week Three: Deepening Connections</b>	<b>15</b> Ask a friend about their goals or dreams.	<b>16</b> Share something personal with a friend to deepen your connection.	<b>17</b> Invite a friend to do a quick video call or Marco Polo.	<b>18</b> Share a favorite recipe with a friend.	<b>19</b> Ask a friend how you can support them this week.	<b>20</b> Reminisce with a friend about a shared experience.	<b>21</b> Plan a future get-together or virtual hangout with a friend.
<b>Week Four: Spreading Positivity</b>	<b>22</b> Share a positive news story or article with a friend.	<b>23</b> Send a voice message of encouragement to a friend.	<b>24</b> Share a song that reminds you of a friend.	<b>25</b> Post something uplifting on social media that will make a friend smile.	<b>26</b> Send a photo of something that made you think of a friend.	<b>27</b> Create a gratitude list of things you appreciate about a friend & share it with them.	<b>28</b> Encourage a friend who is going through a tough time.
<b>Week Five: Looking Ahead</b>	<b>29</b> Set a goal to maintain stronger friendships and share it with a friend.	<b>30</b> Reflect on the challenge & send a thank you message to a friend who made your month better.					

The purpose of this challenge is to go outside yourself and make a connection with someone else every single day! This calendar is **OPTIONAL** - you can absolutely do things not listed each day. This is meant to be your guide if you don't know what you want to learn that day!



# GRAND PRIZE

Participate in the

## Connection Countdown

challenge for a chance to win!  
Winner will receive **\$200 CASH**  
to treat themselves & their friend  
to lunch and a shopping spree!



friends

MAKE THE GOOD  
TIMES BETTER & THE  
HARD TIMES EASIER

