

# Day 11: Connecting to Others

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Have you done a quick check-in with your people today? Creating space to connect with others is another form of self-care! By investing the time in seeing each other's humanity (*and in being seen*), we build relationship and trust. And that is the foundation for a powerful movement for social change.



## Today's Challenge

At one of your meetings, instead of going straight into the agenda, do a short check-in with folks first. Try these prompts or create one of your own:

- One thing I do to take care of myself is...
- Tell a story about a recent time you felt powerful. How did it feel in your body?
- What are you going to do after we end violence against girls and women?

How did starting by connecting as human beings affect your experience? Did you learn anything new about your colleagues? Appreciate them differently? Did the tone of the meeting shift?

## Deepen Your Practice

Want to connect more deeply with your colleagues? Try out our love notes toolkit by checking out [movetoendviolence.org/resources](http://movetoendviolence.org/resources).