



THE HIGH FIVE LIFE FAMILY



THE BIG QUESTION: Who needs more than a good intention?



YOUR MISSION: Choose a relationship. Turn care into attention.

1 CHOOSE SOMEONE



Who matters to me and could use more of my attention?
What makes this relationship worth tending?

2 GET SPECIFIC



What has our time together actually looked like lately?
What has been missing?

3 ASK, DON'T ASSUME



What might this person appreciate?
How could I find out instead of guessing?

4 CHECK MY PART



What is in my control: listening, initiative, honesty, practical help, or a needed boundary?

5 MAKE IT POSSIBLE



What invitation or small act fits both our lives?
How can I leave room for a no?

6 LOOK BACK

Afterward, what did I learn about this person?
What do I want to remember next time?



SMALL COUNTS



A CALL

A few unhurried minutes.



A CONVERSATION

Ask. Listen. Stay curious.



A PRACTICAL KINDNESS

Something they would welcome.

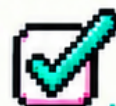
ONE MORE THOUGHT



What kind of attention would I like to bring to this relationship?

MY NEXT STEP

One specific action I choose:



When:



Let a good thought about someone become an action.

