

The Short List

- The short list is a list of people outside of family who you consider your “inner circle.” Who would you ask to watch your cat if you went out of town? Who would you call first with good news? Who can you grab for coffee when you need to vent? Nurturing these connections helps prevent isolation. Take inventory now of these important people:

* Name: _____ Last spoke to: _____

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Who above will you call this week to catch up and spend time with?

*Note: The “short list” concept comes from Robert Macy