CHECKLIST

Park Walk Reconnection Checklist

- [ ] Write down the name of one person to walk with
- [ ] Choose a route you already know well
- [ ] Send a specific invitation rather than a vague one
- [ ] Agree a rough length for the walk beforehand
- [ ] Avoid discussing money or the past unless they raise it
- [ ] Let silences sit rather than filling them
- [ ] Suggest a next walk before you part