

I GET IT: *Life Gets Busy!*



How many times have you told someone that you'll call them right back, but never did?

Or "we should get together soon!" - but never did?

Or left someone you care about's text message on "read" but never replied?

How many times do you see extended family or old friends on social media, and you leave it right there... on social media?

These days, relationships, friendships, families don't operate the way they did back in the good 'ole days.

Some of that is for the better, and some... well, not so much.

This [episode](#) of the [Life: Unscripted Podcast](#) focuses on keeping up with extended family and friends and continuing to nurture those relationships.

People of all ages are leaving this Earth in record numbers, and it has become a reminder and wake-up call that tomorrow is not promised.

Nurturing relationships, expressing your love, and showing up for those you care most about matters now more than ever.

It is my hope that as you listen, you become inspired to "reach out and touch someone" today and that you will make it part of your weekly routine.

To make it easier, I've created a fun, super simple [challenge](#) and I welcome you to join me in it!