

50 Contacts In 5 Minutes

This worksheet is designed to help you create a list of people to send your NAMIWalks communications to.

Immediate Family

(Spouse, Children, Parents, Siblings)

1. _____
2. _____
3. _____
4. _____
5. _____

Distant Family

(Aunts, Uncles, Cousins, In-Laws)

1. _____
2. _____
3. _____
4. _____
5. _____

Work Acquaintances

(If you have an office announcement board, announce your efforts there)

1. _____
2. _____
3. _____
4. _____
5. _____

Neighbors

1. _____
2. _____
3. _____
4. _____
5. _____

Church

1. _____
2. _____
3. _____
4. _____
5. _____

School Friends (These can be your past/present school friends and/or people you have met through your children going to school)

1. _____
2. _____
3. _____
4. _____
5. _____

Social Groups (Examples of social groups are sports teams, crafter groups, other clubs such as, VFW, Lions, Rotary, Facebook friends, etc)

1. _____
2. _____
3. _____
4. _____
5. _____

Businesses (This is for businesses where are a customer, including local restaurants, gas stations, retail stores. Don't forget service providers such as doctors, dentist, pharmacist, vet, hairdresser, mechanic, attorney, cleaner)

1. _____
2. _____
3. _____
4. _____
5. _____

Painful Purchases (These are for infrequent, large purchases. Sometimes they are planned (new pool, new car, new house, furniture) while others have bad timing (broken furnace, new tires, tax preparation, new appliances, etc.) Planned or not, they make you an instant high-paying customer and a good candidate to ask the business for a donation.

1. _____
2. _____
3. _____
4. _____
5. _____

Don't Forget... You should also communicate with everyone on your holiday card list, and people who may owe you a favor.

For help reaching your personal fundraising goals, please contact:

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