

## Stay warm with key relationships automatically

For solo operators running the whole business.

### Who this is for

Solo operators and one-person businesses who wear every hat â sales, delivery, admin, and support â and need leverage without hiring a department.

Relationship debt accumulates when you only talk when you need something.

### Suggested stack

Lightweight CRM + recurring reminders. Primary tools: Notion, Google Contacts, Reminders.

### Do this

1. List 30 people who matter: clients, peers, mentors.
2. Field: last touch, next touch, note.
3. Weekly reminder to nudge 3 people with a useful note â not an ask.
4. Log touches so you do not double-ping.

### Operator tip

Give first. Automation schedules generosity; it should not spam.

### Free PDF

This file is free to keep and share with attribution to Rule The Internet. Re-read official tool docs before you automate money or customer data.