



# 2021

# IMPACT

# REPORT

#Only7seconds

#Only7seconds

ONLY **7** SECONDS®



ONLY **7** SECONDS®

WE ARE ON  
A MISSION  
TO END  
LONELINESS.







## WHO WE ARE

We are on a mission to end loneliness. We do this by encouraging and empowering people (like you!) and partners to connect with others who matter in their lives.

## WE VALUE

RESPECT  
EMPOWERMENT  
COURAGE  
EXCELLENCE  
JOY



# INTERNAL ACHIEVEMENTS

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## DEFINED OUR MISSION, VISION, AND VALUES

STRATEGY MEETING, JANUARY 2021

## ESTABLISHED BOARD OF DIRECTORS

INITIAL MEETING HELD IN JUNE 2021

## TRADEMARKED ONLY7SECONDS®

FEBRUARY 2021



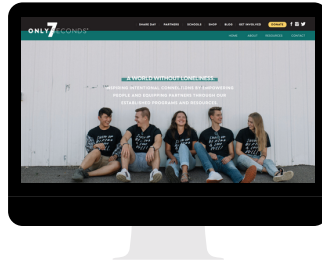
## 501(C)3 STATUS

CHELAN, WASHINGTON





# OTHER HIGHLIGHTS



## WEBSITE RELAUNCH

MAY 7, 2021

## SOCIAL MEDIA GROWTH

7.27K ENGAGED USERS



## APP LAUNCH

RELEASED OCTOBER 2021

## INTERNATIONAL REACH

PARTNERSHIPS WITHIN AUSTRIA  
& THE UNITED KINGDOM





# MERCHANDISE SOLD

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**3,925 BECAUSE YOU  
MATTER T-SHIRTS**



**959 ORDERS PLACED**



**13,500 HOPE NOTES  
PRODUCED**



**29 STATES  
IN THE US**



**CANADA, SWEDEN,  
AUSTRIA, AUSTRALIA,  
UK, UNITED STATES,  
AND NEW ZEALAND**



# CELEBRATED

# 2 YEARS 2 YEARS 2 YEARS 2 YEARS



We celebrated by giving out 1,000 signs across Central Washington State! A special thanks to our distribution partners listed below!



**KAVE ROASTERS**  
CHELAN, WASHINGTON



**THE DELIGHT HOUSE**  
PATEROS, WASHINGTON



**CULINARY APPLE**  
CHELAN, WASHINGTON



**HANK'S HARVEST FOODS**  
TWISP, WASHINGTON



**NORTH CASCADES  
FAMILY CHIROPRACTIC**  
CHELAN, WASHINGTON



**GRANDMA'S ATTIC**  
OMAK, WASHINGTON



**LUSH CHELAN**  
CHELAN, WASHINGTON



**ARLBERG SPORTS**  
WENATCHEE, WASHINGTON



**LAKEVIEW DRIVE-IN**  
CHELAN, WASHINGTON



**URBAN**  
CASHMERE, WASHINGTON



**LONE PINE**  
ORONDO, WASHINGTON



**DONUT PARADE**  
SPOKANE, WASHINGTON





**WE COULDN'T DO IT  
WITHOUT OUR AMAZING  
VOLUNTEERS!**

**280 HOURS**

**MERCHANDISE PROCESSING, FOLDING  
T-SHIRTS, ASSEMBLING PRODUCTS**

**250 HOURS**

**CONNECTION CURRICULUM FILMING**

**375 HOURS**

**CONTRACTORS & COMMITTEES**

**4,895 HOURS**

**SHARE DAY PARTNERS, TEAMS & INDIVIDUALS**

**3000 HOURS**

**STAFF AND BOARD**

**8,800**

**VOLUNTEER HOURS**



# OUTREACH OUTREACH OUTREACH OUTREACH OUTREACH

One of our goals as an organization is to be able to give away our products, materials, and information. This year, we were able to triple our outreach efforts from 2020.



**700**  
HOPE NOTES

**2,200**  
YARD SIGNS

**1,450**  
T-SHIRTS

**72**  
CARE PACKAGES

**3,500**  
WRISTBANDS

**+ GENERAL  
PROMOTIONAL  
CONTENT &  
MATERIALS**

ONLY 7 SECONDS®

SHARE DAY

7

**LAUNCHED SHARE DAY**  
*Spread Hope And Remind Everyone*

#only7seconds



# SHARE DAY

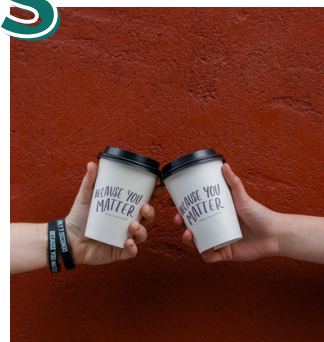
## TEAMS TEAMS TEAMS



Thank you to all our incredible SHARE Day leaders and their teams who have taken each 7th to spread hope and remind others in their communities.

# SHARE DAY

## PARTNERS PARTNERS PARTNERS



Whether it has been joining in each 7th by stamping cups, bags, or fry baskets, starting conversations with staff and employees, or sharing the messages with patrons of the business— our partners have been key players in sharing the Only7Seconds message.



ONLY **7** SECONDS®

# CONNECTION CURRICULUM

*piloting in 10 schools & youth  
organizations in Washington,  
Arizona, the UK, and Austria*

#only7seconds



Through this curriculum, we feature stories from individuals with unique and diverse experiences, challenges and successes. These stories will both inspire individuals to connect with others and encourage those that feel lonely in shared experiences. We believe through the power of connection and our Connection Curriculum, we can provide tools to create a culture that supports students when they feel lonely.

## THE STORYTELLERS

01.



**KEA YAMAMOTO**

*Intro & Personal Connections*

02.



**MARIAH PAZ**

*Relationship Connections*

03.



**DANNY RIGSBY**

*School Connections*

04.



**VIK CHOPRA**

*My Story Connections*

05.



**MAC & HAILEY POTTS**

*Interest & Activity Connections*

06.



**MARIO GONZALEZ**

*Role Model Connections*

07.



**IZZY BORING**

*My People Connections*

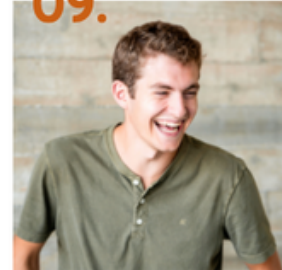
08.



**LYNDSEY ROBERTS**

*Community Connections*

09.



**ETHAN WALL**

*My Expanding Connections*

# OTHER NOTABLE HIGHLIGHTS

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## BECAUSE YOU MATTER WALK, RUN, BIKE, & HIKE

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A VIRTUAL EVENT ON  
JUNE 26, 2021

\$2,500 RAISED



## TOP BLOG RESOURCES:

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### TALKING TO TEENAGERS ABOUT GRIEF

*a helpful guide to talking through grief and suicide with your teenagers*

### NOTICE. STOP. REFRAME

*taking control of your out of control thoughts*

### 7 THINGS I LEARNED ABOUT MENTAL HEALTH AS A COLLEGE STUDENT

*how to take action for your mental health as a college student*



# FOR MORE INFORMATION



[WWW.ONLY7SECONDS.COM](http://WWW.ONLY7SECONDS.COM)

