

You can use these prompts to create your own tracking system for your SWLT habits.

Monthly – I updated my profile



Weekly – I read [x] profiles

- _____
- _____
- _____
- _____
- _____
- _____

Daily – I participated in chat or met someone



Use the compatibility checklist to note your own must-haves and deal-breakers.




Contact Us



<https://swlt.ca/contact-swlt>



info@swlt.ca



<https://chat.swlt.ca>

Mapping my journey to shared living

<https://swlt.ca/subscribers>
web@swlt.ca

SWLT.ca

My profile

The first step on your journey is to complete your profile. Review monthly to refresh any outdated information.



Other profiles

Login weekly and check for new folks who may be compatible.



Start keeping notes

As you read through profiles, check off the elements that appeal to you.

Ways to Get Noticed



Show some interest

When new people arrive, welcome them. Read their profile and comment or react in chat or by DM. .



Event Planning

Support us in coordinating online or in person group meetups, at events, or local safe places.



Volunteering

Use your professional or personal skills to support each other



Share what's working

It gives us all ideas of how to proceed if you share small gains with the community.



Until we meet, we're all strangers on the internet!

Be polite but be yourself. If anyone is giving you a bad vibe, tell a moderator (by DM). Follow the Code of Conduct and don't share personal contact info.



Keep track

Make notes of what you see, hear and like or don't. You will want to get to know many people so you can find the one or more that you can live with.