FRIENDSHIP GARDEN CHECKLIST

Be intentional

Make space, decide capacity

Good soil (soul)

Check the season

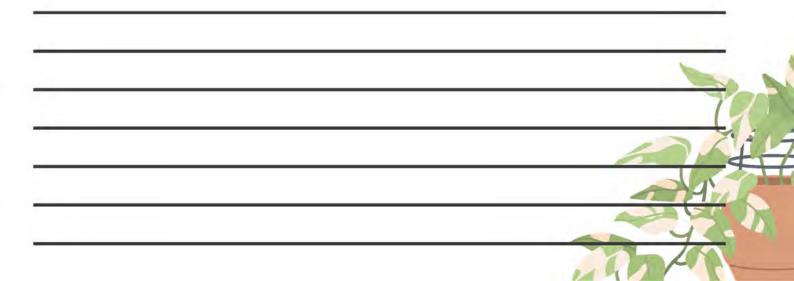
Growing Friendships, much like growing anything else, can be challenging. As adults, we often lose access to shared experiences that naturally foster friendships; like school, or extracurricular activities etc. making it harder to initiate and develop meaningful friendships. This reflection guide will help you build your awareness and prepare you to start building healthy circles (gardens) of friendship.

Kindly,

Tiana Hopkins

BE INTENTIONAL, HAVE A PLAN	
Friendship goals	List of Likes: Things you would like to do/experience with a friend
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	0
	0
What makes you a good friend?	0
	0
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How do I want to feel in my friendships?



MAKE SPACE, DECIDE CAPACITY

Which responsibilities/tasks impact friendship building in your life?

Spaces I can start exploring friendships











How can 1 be creative with my time to make space for friendships?



CHECK THE SEASON

What do you need from friendship in this current life season.?

vulnerability a good time companionship reciprocity accountability creativity communication mentorship

new experiences

travel buddy

In my current life season, am I able to give someone the things I require/desire from friendship?



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