

besties

How to find more
♡ ↪

FRIENDS

Week 13



(Adapted from "Nourished" By Becky Johnson)

1 Start with the low-hanging fruit.
 → What acquaintances / casual friends could become better friends?
 Make a list:

2 Reach out with humor. Connect with a smile!

smile

3 Practice being present. Be more open-hearted to the world at large. Take off your earphones. Set down your book. Look up from your phone!

4 Join the club! Have you checked out a Meetup yet? NO?! Go back to week 11 and do it.

5 Go to class! Check out the community college, gym, recreation department, church, etc. one class idea:

7 Attend a conference or retreat. Look specifically for retreats or events serving women, or in your profession. Select one that is intended to create relationships with other women

Blogging, networking, direct sales, parenting, home schooling, women in business, religious

6 VOLUNTEER: What are some causes you feel passionate about? Who do you want to help? Create:

- Kids
- Pets/animals
- Church environment
- Health
- other



offer to host an event:
 back to school
 new moms • church
 birthday • party • kids' soccer
 team • alumni
 book club • etc.

10 SEE yourself as a valuable commodity. Women are looking for friends! you rock!! *
 Reasons you are a good friend:

8 Do nice things for others without expecting I will... (1) (2) (3)

9 SAY YES MORE! Re-wind takes risk. It's scary but worth it!

JUST BE YOURSELF

JUST BE YOURSELF
 for others without
 any thing! This week

(go ahead and use the back if you need more)