

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

What makes you a good friend?

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 I be creative with my time to make space for friendships?



GOOD SOIL (SOUL)



Thoughts about self that impact friendships?

Self-care:
How do you fill your watering can?



How have my thoughts, feelings and behaviors impacted my 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?



