

3 THINGS TO TRY THIS MONTH

No. 1 Create your examination questions. Get clear on what you actually want and desire from a friendship. Write out your questions below. (Ex: Does this person's heart have an arc that bends towards justice?)

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No. 2 Ask different questions when you're in the presence of people to cultivate more meaningful relationships. Write out 10 questions below (in your own words) that you would enjoy asking your friends.

EXAMPLE QUESTIONS:

What was one of your highs this week? What was one of your lows this week?

If there's one thing I could be holding for you today, what would that be?

Tell me a little bit more about where you grew up.

What's something you learned about yourself on your trip?

What experience this year made you show up in a way that you never saw yourself show up before?

Your challenge: Ask a different question from someone you already know well, and ask a different question from someone you've been watching from afar and would love to know more.

No. 3 Be a friend to yourself. Try out looking in the mirror and saying things to yourself that you are already very easily saying to someone else. Write down 5 encouraging things below you could say to encourage yourself.

1. _____

2. _____

3. _____

4. _____

5. _____