

Making a New Friend

Small, doable steps toward knowing someone new, without a big social push.

WHEN TO USE THIS

Use this when your circle has got small and you want to widen it a little.

Who do you already see regularly but do not really know?

Work, class, the gym, a neighbor, an app.

1. _____
2. _____
3. _____
4. _____

Pick one. What is one thing you could say next time you see them?

Plan one low-key thing.

WHO	WHAT	WHEN

What gets in the way?

- ☐ I do not know how to start
- ☐ No time
- ☐ It feels forced
- ☐ I am out of practice
- ☐ Money
- ☐ I do not want to be turned down
- ☐ Nowhere to meet people
- ☐ I run out of things to say

Most friendships come from seeing the same person again and again. The repeating does most of the work.

Friendship starts at a low bar. Show up twice and see what happens.

