



## **Worksheets for Six Week Program**

### **PLEASE NOTE:**

Several of our worksheets and audio files included on our website have not been modified for COVID-19 conditions with regards to **safe social distancing** in your specific city. This is because different cities have different recommendations which continue to be revised. Please check your government website for current recommend safe practices, and please stay safe.

Version 3.0

Aug 31, 2020

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FriendshipBootcamp.com & Buddytree.org  
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# Getting Inspired (Part 1)

## Top 10 Reasons to Develop a Great Social Life

1. You have people in your life who accept you and value you for who you are.
2. You have more opportunities to experience joy and a feeling of being alive.
3. You are more likely to experience laughter since you are ten times more likely to laugh when others are laughing around you.
4. You have people to share your hopes and dreams with.
5. You have more opportunities to have fun with people who share your interests, values and passions.
6. You can experience a sense of belonging and community even when you're alone, since you know that you have people in your life that you can reach out to.
7. You are less likely to feel lonely and get depressed.
8. You are more likely to be healthy and live longer since you're involved in more activities.
9. You are more likely to have a broader world view with the added perspectives that your friends can provide you.
10. You have people in your life to share your concerns and fears with, and who can comfort you when you're down.



## Getting Inspired (Part 2)

- Place a checkmark beside the experiences you would like to have more often (either with current friends or new friends that you will soon meet)
- Add your own item to this list if you wish

	Meeting Up for Drinks
	Meeting Up for Dinner
	Potlucks
	Movie Nights (in someone's home)
	Going Out to See a Movie
	Exploring Art Together (i.e. galleries, museums, music, dance, etc.)
	Comedy Nights (i.e. watching funny YouTube videos, watching a movie, checking out live improv or live stand-up comedy, etc.)
	Road Trips
	Hiking Trips
	Picnics
	Barbeques
	Camping Trips

## What You Can Offer as a Friend

It's easy to get discouraged and even **forget** about what you can offer to new friendship or even your existing friendships. Here's a reminder of what really matters when it comes to being a good friend.

Place a checkbox in the left column if you agree with these statements:

	<b>Are you a good listener?</b> It costs nothing but providing your presence and attention to someone to make them feel like they've been heard is HUGE. If you're not that good of a listener now, remember that it's a skill that anyone can learn.
	<b>Are you flexible in terms of scheduling hangouts?</b> Being available for your friends let's them know that you can be there for them when they need you. If you usually ask your friends to plan hangouts with you weeks in advance, they may turn to someone else when they need a shoulder to cry on.
	<b>Are you humble?</b> It's important to be secure enough in your own self without having to feel like you need to impress your friends by your accomplishments. Are you able to ask for help when you need it?
	<b>Are you honest?</b> Are you able to tell a friend when something bothers them in the kindest way possible without allowing resentment to build up?
	<b>Are you spontaneous?</b> Maybe you planned the perfect picnic but the weather didn't cooperate. Can you be creative and keep a positive attitude to change your plans if you need to?
	<b>Are you supportive and encouraging?</b> Are you aware of what projects, hobbies, and dreams your friends currently have? Do you help provide them with encouraging words to boost their confidence?
	<b>Do you continue to work on your conversation skills?</b> Perhaps the most undervalued and overlooked friendship skills are your conversation skills.
	<b>Are you protective?</b> Are you mindful of situations with your friend such as addictions that may require an intervention?

### PLEASE NOTE:

- None of these items above require significant amounts of **time** or **money**.

## Understanding Your Friendship History (Previous friend #1)

This exercise will allow you to take stock of your previous friendships that have impacted you the most which will allow you to:

- take a step back and see these friendships with a fresh perspective
- identify what qualities you would like to have more of in new friendships
- make it easier to move forward with new friendships by giving yourself closure

Name of person: \_\_\_\_\_

Who or what brought you together? (i.e. school, work, etc.)	
What qualities did you like best about this person? (i.e. sense of humor, enthusiasm, etc.)	
What qualities did you dislike the most about this person? (cynical, pessimistic, etc.)	
Who or what was the main thing that kept the friendship going?" (i.e. school, work, an organizer etc.)	
Why did this friendship end (as far as you know)?	
Is it worth it, or even possible to try to restart this friendship?	
If this friendship ended without closure, say what you want to say to this person here.	

## Understanding Your Friendship History (Previous friend #2)

Name of person: \_\_\_\_\_

Who or what brought you together? (i.e. school, work, etc.)	
What qualities did you like best about this person? (i.e. sense of humor, enthusiasm, etc.)	
What qualities did you dislike the most about this person? (cynical, pessimistic, etc.)	
Who or what was the main thing that kept the friendship going?" (i.e. school, work, an organizer etc.)	
Why did this friendship end (as far as you know)?	
Is it worth it, or even possible to try to restart this friendship?	
If this friendship ended without closure, say what you want to say to this person here.	



## Understanding Your Friendship History (Previous friend #3)

Name of person: \_\_\_\_\_

Who or what brought you together? (i.e. school, work, etc.)	
What qualities did you like best about this person? (i.e. sense of humor, enthusiasm, etc.)	
What qualities did you dislike the most about this person? (cynical, pessimistic, etc.)	
Who or what was the main thing that kept the friendship going?" (i.e. school, work, an organizer etc.)	
Why did this friendship end (as far as you know)?	
Is it worth it, or even possible to try to restart this friendship?	
If this friendship ended without closure, say what you want to say to this person here.	

# Identifying Your Friendship Gaps

What are your **overall** friendship gaps?

Fill in the status of the first two columns at the beginning of your six weeks. Save the last column for the end of the six weeks.



	What is it like now?	What would I like it to be?	Results After Six Weeks
<b>1. Quantity of Friends</b>  (The number of friends you are able to see in person, face-to-face)			
<b>2. Frequency</b>  (How often you see your friends)			

# Identifying Your Friendship Gaps (Continued)

In terms of your friendships, what would you like **more** of?

	What is it like now?	What would I like it to be?	Results After Six Weeks
3. Fun and Laughter			
4. Meaningful Conversations			
5. Sense of Community			
6. Depth of Friendship Connections			
7. One-On-One Time with My Friends			
8. Group Experiences with Friends			
9. Confidence & Self-esteem			
10. Activity Organizer Skills			

# Identifying Your Friendship Gaps (Continued)

What would you like **less** of?

	What is it like now?	What would I like it to be?	Results After Six Weeks
11. Feelings of Loneliness & Isolation			
12. Fear of Rejection			
13. Shyness or Social Anxiety			
(Other)			

# Tracking Your Emotions

The point of this exercise is to be able to track your good and bad days over the course of this program. As you record more information you will start to recognize **triggers** that influence your emotional states. The goal is to recognize your emotional patterns over time (i.e. how long you tend to stay depressed).

Step 1. Print these two worksheets and write the month and day range at the top of each week which represent the weeks in your six-week program.

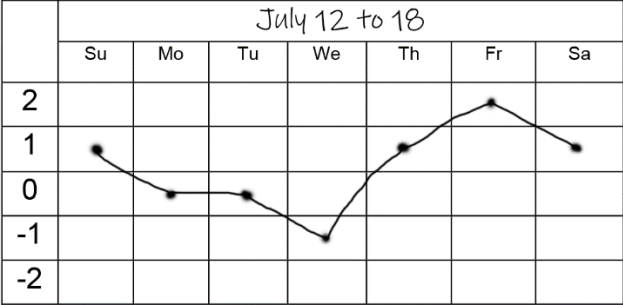
Step 2. Place a dot beside the number which corresponds to how you're generally feeling that day.

-2 = bad or worse, -1 = not so good, 0 = pretty neutral, 1 = good, 2 = better than good

Step 3. If you notice a significant change (up or down) then make a quick note on page 2 to describe what influenced or triggered that change.

Step 4. Connect the dots as you go. See example below:

EXAMPLE:



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# Tracking Your Emotions (Continued)

If you notice a **significant** change (up or down) as you connect the dots through the week, then make a quick note below about what influenced or triggered that change. Print off additional copies of this page as necessary.

**Example:**

Month & day:	Trigger:
July 16	I just met a really interesting person named John at a Meetup event! I sent him a message asking if he would like to hang out sometime.

# Where is the Friendship Process Stalling for You?

There are **ten places** where the friendship process usually stalls. Once you realize where the process is stalling **for you** then you will be more conscious where you need a **boost** in these specific areas.

Place a **checkmark** beside the areas where you are **not** currently stalling. For the other areas, describe what you believe is holding you back from proceeding further in this process.



When making new friends:

	<b>1. Finding social gatherings to meet new people</b> in my city either by using Google, Meetup.com or other resources.
	<b>2. Making the effort to leave my home</b> and go out to meet new people at social gatherings.
	<b>3. Making first contact</b> with strangers at social gatherings.
	<b>4. Making small talk</b> with strangers at social gatherings.
	<b>5. Engaging in medium/deep talk</b> with strangers at social gatherings.
	<b>6. Exchanging contact information</b> with interesting people I meet at social gatherings.
	<b>7. Taking the initiative to organize time to hang out</b> with interesting people I meet at social gatherings.
Other reasons:	

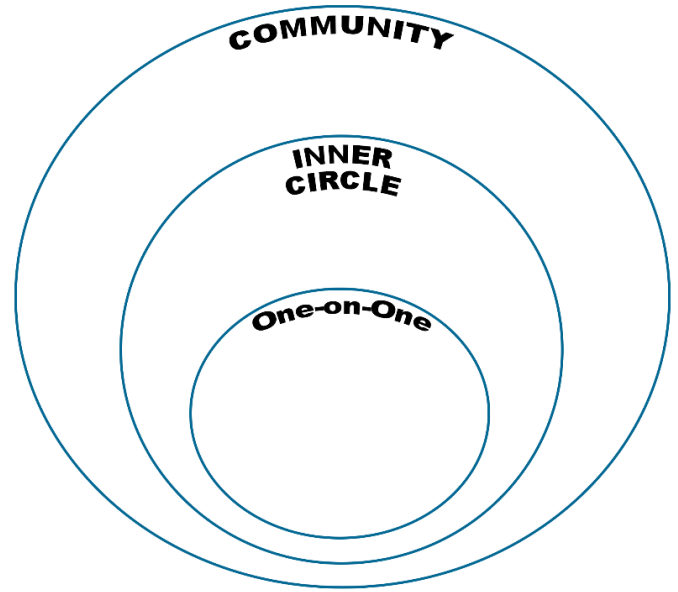
When maintaining or deepening your existing friendships:

	<b>8. Taking the initiative to organize</b> activities with my friends one-on-one on a regular basis.
	<b>9. Taking the initiative to organize</b> activities with small groups of my friends or my community of friends on a regular basis.
	<b>10. Taking the initiative to end friendships</b> that are no longer working out for me which may also be preventing me from having the time or energy to bring new people into my life.
Other reasons:	

# Your Three Circles of Friends

There are three circles of friends which together help to build an **amazing social life**.

1. **Your Community Circle** may include your acquaintances, close friends as well as friends of friends and it has three benefits:
  - it allows you to stay in contact with some friends who may not have time to meet up in small groups or one-on-one
  - it allows you to see which people in this circle are good for your **inner circle**
  - it allows you to see which people in this circle are good candidates for your **one-on-one** circle
2. **Your Inner Circle** includes your cliques or small groups of your friends who enjoy hanging out with each other and it has the following benefits:
  - to provide closer friendship bonds through shared experiences
  - to strengthen your support system when life gets tough
3. **Your One-On-One Circle** includes friends that you meet up one-on-one and it has the following benefits:
  - to provide people whom you can share your hopes, dreams, history and fears with
  - to provide closer friendship bonds through shared experiences
  - to strengthen your support system when life gets tough



As friendship is a fluid process, people are often located in multiple circles and may move from one circle to another.

**Using a pencil**, since these names will change over time:

1. Write the names of people in your life who are in your **community circle**:

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2. Write the names of people in your life who are in your **inner circle**:

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3. Write the names of people in your life who are in your **one-on-one circle**:

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**If you don't have anyone (or not many people) to add to these lists then that's okay** since the purpose of this program is to help you find amazing people to add to your life.



# Your Friendship Wish List

You need to know who you’re looking for *before* you start the friend finding process.

If you don’t know who you’re looking for, you’ll end up wasting a lot of your time and the time of others in the process.

Are you looking for activity partners mainly, or deep conversationalists? Are you looking to be in group activities, one-on-one, or both?



List what **type** of friends you are looking for and ideally **how often** you would like to see them:

## Friend Type

*Example: “someone to play tennis with”*

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## Frequency of Contact

*i.e. every two weeks*

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# Confidence

Confidence is a **superpower** since it leverages your accomplishments to boost your **energy level** when it comes to:

- reducing your shyness around meeting new people
- being open to opinions and perspectives which may be different from your own
- being open to new types of activities and experiences which can bring you more fun, laughter and enjoyment



## Part 1.

List a few of your biggest accomplishments in your life.

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# Confidence (Part 2)

List at least 10 things that you are good at. Examples may include your skills, abilities, talents, etc.

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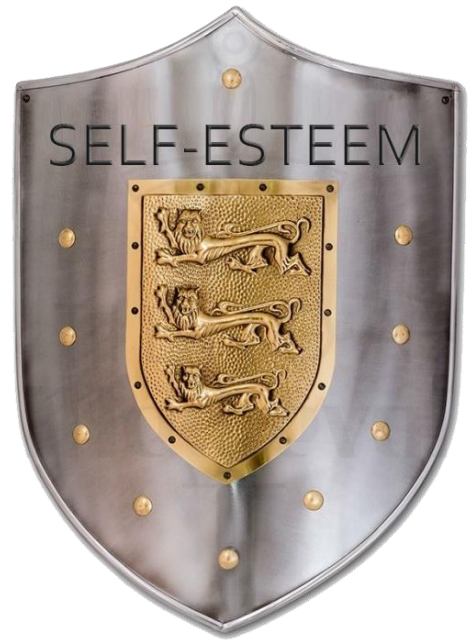
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# Self-esteem

Self-esteem acts as your **emotional shield** since it reduces your **fear of rejection** in many social situations including:

- introducing yourself to potential friends
- exchanging contact information with potential friends
- discussing delicate, personal and controversial subject matters
- taking the initiative to organize activities with potential friends



**List at least 5 things that you like or love about yourself:**

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## Health & Fitness

Maintaining your health and fitness is important when it comes to your friendships because:

- you have more energy during the week to spend with friends
- it's an important part of caring about yourself which others will also appreciate
- you maximize the variety of activities that you can do with your friends



**Please answer the following questions:**

How often do you exercise?	
What specific foods are you eating too much of?	
What specific foods are you not eating enough of?	
Do you have any health issues which you should see a doctor for but you're not getting around to making an appointment?	
Do you visit your dentist at least once a year?	
What else would like to improve regards to your currently level of health and fitness?	

## Values & Passions

Some of the most intriguing people at social gatherings are the people who are not only **in touch** with what they're passionate about but they're doing whatever they can to **pursue** them.

When you know what you're passionate about it not only **fuels** your energy to pursue them, but this energy is **attractive** and **contagious** for others around you.

Your values and passions can **change** over time, so it's helpful to make a list of these before you start looking for new friends since ***ideally*** they will **share** your values and passions.



1. List what you <b>value the most in life</b> and what you are <b>passionate about</b> here:	2. <b>Re-order</b> these items from top to bottom in priority.

# The Importance of Solitude

It's so important to maintain a good balance between solitude and a healthy social life. It's up to you to determine what the proper balance is.



Using a pencil, place an 'x' beside the areas which you would like to improve:

	I am able to go offline and disconnect from all social media for a few hours at a time.
	I have a space where I practice solitude (i.e. a spot outdoors where I can reconnect with nature or a quiet room in my home)
	I have at least one activity that I enjoy doing by myself which bring me joy and/or fulfillment.
	I have a way of recording my thoughts and feelings (i.e. a journal).
	I am able to release feelings of guilt and anxiety that build up over time.
	I am able to contemplate my life as a whole and my current stage in life.
	I am able to be present in the moment and not fixate on the past or the future.
	I am able to be present to my thoughts but not be controlled by them.
	I feel that I have established a <b>healthy balance</b> of alone time and time spent with others.

# Personal Branding

Whether you like it or not, everyone has a personal brand.

It's the first impression people have when they meet you, and how they think about you when you're not around.

It's in your best interest to be aware of your personal brand and to refine it whenever necessary.



**Using a pencil, place an 'x' beside the areas which you would like to improve upon with regards to improving your personal brand:**

	<b>Online Profile Pictures of Yourself</b>	You show your best, most welcoming smiling face online (whether it's your Meetup profile or another social networking application). This is how others will be able to contact you to invite you to private events after the public events take place.
	<b>Online Descriptions of Yourself</b>	You provide an introduction of yourself online (whether it's your Meetup profile or another social networking application) in order to intrigue others to get to know you before they meet you in person.
	<b>Responsiveness to Invitations</b>	You respond to invitations as soon as you can, and you acknowledge that it is a privilege to receive an invitation from anyone about anything.
	<b>Attendance</b>	If you say to others (i.e. in your RSVP status) that you're going to attend a public or private event then you actually show up.
	<b>Punctuality</b>	You arrive on time out of respect to the organizer(s) and/or other attendees.
	<b>Open-minded</b>	You are as open as possible to new ideas and different points of view.
	<b>Curiosity &amp; Humility</b>	You admit to yourself that you don't know everything and that everyone you meet is an opportunity to learn something new.
	<b>Body Language</b>	You sit or stand in a way which reflects your enthusiasm, curiosity and humility, and makes it easy for new people to join the conversation.
	<b>Contributing in Conversations</b>	You are able to find the right balance between speaking and listening based on the number of people in the conversation.
	<b>Dressing with Intention</b>	You dress in a way which is appropriate for the occasion and which makes you feel confident and comfortable.
	<b>Attitude</b>	You are mindful about the amount of positivity or negativity that you are contributing during your interactions with others.
	<b>Staying Until the End</b>	You show your commitment to the others in attendance by staying to the end or at least until the majority of people have left (even if you're a bit tired).
	<b>Showing Gratitude</b>	Expressing your gratitude to the organizers of events that you attend which also influence you being invited to future events.



## Upcoming Events to Attend

Now that you've established what kinds of experiences you want to have more of, you've prioritized your values and who you're looking for it's time to schedule some time to go out there (even if it's **virtually** during the pandemic) and meet some potential friends to bring into your life!

Meetup.com is currently the most popular way to meet people face-to-face in medium to large cities. You can join groups and sign up for events, or start your own group based on any type of activity.



If you live in a **smaller city** where Meetup is not yet established, you should be able to do a **Google** search to find local social activities. Here are some Google search examples using **Abbotsford** as an example:



🔍 Abbotsford meeting new people



🔍 Abbotsford clubs and associations



Instructions:

- Use [Meetup.com](https://www.meetup.com) and [Google](https://www.google.com) to find events in your city that you can attend within the next few weeks.
- Once you find these activities, make sure to RSVP online if the option is available.

Add the list of events here so you can see them all in one place:

**Date:**

**Event:**

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## Scheduling Your List of Events to Attend (Continued)

Date:

**Event:**

[illegible]

# Basic Conversation Skills Assessment

One of the most overlooked friendships skills is your conversation skills. It's how well you're able to **connect** with people. The problem is that nobody is born with good conversation skills and let's face it, most people aren't that great at it.

Maybe you **dominate** conversations without realizing it. Maybe you'd like to go **deeper** with your friends but you don't know how, or you're shy about **expressing** yourself, especially in a group.

The good news is that **anyone** can upgrade their conversation skills once they realize which areas they need to **improve** on.



**Nobody is perfect** at the art of conversation so using a pencil:

- place an **X** beside the items that you still need to **improve on**, and
- place a **checkmark** beside the items that you feel you are already **very mindful** and **confident** about
- call up a family member or a friend and ask them if there is at least one conversation area that you could possibly improve upon with the premise that nobody is a perfect conversationalist

	<b>Presence</b> – the ability to listen, pay attention and be fully in the moment by not being distracted by your thoughts or your surroundings.
	<b>Curiosity</b> – the ability to express interest in and ask questions about what's going on in the lives of the people in the conversation. Be prepared to be amazed by things you will discover.
	<b>Humour</b> – sensing the right time to lighten up a moment and being able to be silly with others.
	<b>Empathy</b> – the ability to put yourself in the shoes of another by taking their perspective.
	<b>Interjecting</b> your own point of views by recognizing when others have made their points so you're not interrupting them.
	<b>Disagreeing</b> in a respectful way while providing benefit of the doubt to others.
	<b>Not Dominating</b> the discussion by paying attention to how long you take to make a point.
	<b>Attitude</b> – being mindful about the amount of positivity or negativity that you are contributing.
	<b>Openness</b> - not being afraid to share your viewpoint from your unique perspective.
	<b>Volume Level</b> - speak so that the person sitting the farthest away from you can still hear you.
	<b>Maintaining Eye Contact</b> – to show that you are giving someone your attention and presence.
	<b>Phone Etiquette</b> – being able to prevent your phone from distracting the conversation.

# Advanced Conversation Skills Assessment

The most important thing to remember when in any social situation is to be **‘the observer’**. Imagine you’re hovering over yourself while in a conversation and you’re able to see the entire situation including how you’re interacting with the people around you. It’s easy to get lost in your own thoughts or words and lose sight of **the whole purpose** of a conversation and its amazing potential for human connection.



Using a pencil:

- place an **X** beside the items that you still need to **improve on**, and
- place a **checkmark** beside the items that you feel you are already very mindful and **confident** about

	<b>Remembering to come prepared with least one topic to discuss</b> which always reduces the chance of awkward silences.
	<b>Having the courage to steer the conversation away from small talk</b> and not being afraid to share your ideas, hopes, dreams, ambitions and fears along the way. Others will be glad that you did.
	<b>Identifying the intentions</b> for this conversation – is it an opportunity to strengthen a friendship, to possibly bring a new friend into your life, to introduce your friends to each other, or just to enjoy an experience with good people?
	<b>Remembering that every conversation is an opportunity to learn</b> about an interesting topic, a different perspective, or about yourself by recognizing your biases and expanding your worldview.
	<b>Remembering that every conversation is a privilege</b> – time is precious, so when you’re sharing time and space with one or more human beings remember not to take this for granted.
	<b>Remembering that conversations are different from debates</b> so don’t give in to the temptation to figure out who is right or wrong or to be ‘the fact checker’ using your smartphone.
	<b>Acknowledging big contributions</b> from others in the room when they reveal something sensitive in a vulnerable moment, something that is very important to them, or that is very emotional in general.
	<b>Recognizing sore topics</b> when you notice that a topic is emotionally triggering for someone in the room and having the compassion to move on to a different topic.
	<b>Striving for a balance of contributions</b> to the conversation by recognizing when people in the room haven’t spoken for a while and trying to find a topic that everyone can engage with.
	<b>Remaining humble</b> – not having the need to impress anyone or the need to boast or brag to get your points across.
	<b>Allowing the conversation to breathe</b> by allowing for pauses to contemplate what people have said and to acknowledge that others are not as skilled at interjecting until a space has been made in the conversation.
	<b>Knowing how to read a room</b> by being able to recognize when people are actually interested in what you’re saying or when they’re starting to get bored (i.e. noticing when people are yawning or looking at their watches).
	<b>Expressing emotion</b> on your face and with your body language to indicate when you are interested, intrigued and enthusiastic.
	<b>Knowing how to gracefully end or leave a conversation</b> when you would like to change the subject or when you want to leave.
	<b>Maintaining detached</b> if an idea or joke you put forward isn’t resonating with others, don’t try to force it and don’t take it personally if it didn’t produce the reaction you were expecting.
	<b>Keep your points brief</b> – don’t assume that people are automatically in the mood for a long story or too many details. If they want you to elaborate on something you’ve said, they’ll let you know.

# The Friendship Audition Process

It's much easier to **add** a new friend into your life than to **remove** one and this is why it's so important to be aware of the friendship audition process.



Using a pencil, list the people in your life who are **still in the friendship audition phase** and identify what's holding you back from considering them one of your friends:

## People Still in the Audition Phase

## Why is this the Case?

Example: *"John"*

Example: *"We haven't spent enough time together for me to know for sure yet"*

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# The Organizers Pledge

When it comes to seeing your friends on a regular basis, it's your choice:

- **You can wait** for others to send you invitations, or
- You can become an organizer and **take control** of your social life.

**I pledge to myself that I will do everything possible to build an amazing social life for myself by becoming an organizer.**



*(Check the following boxes and sign this document below)*

	<b>The Catch-22</b> I acknowledge that most people usually wait for others to organize activities with them, thus creating a catch-22 where activities won't take place until someone decides to make it happen.
	<b>Frequency of Contact</b> I will do my best to organize activities with my friends on a <b>regular basis</b> ; either one-on-one or in a group. I will be as open and honest with my friends about how often I'd like to see them, ask them how often they'd like to see me, and find the right balance.
	<b>Variety of Activities</b> I will do my best to think of different types of activities to do with my friends, and I will ask them what types of activities they would like to do with me.
	<b>Managing Expectations</b> I will do my best to not be frustrated with myself or others when plans don't happen exactly as planned.
	<b>Compassion</b> I will do my best to give benefit of the doubt to people who are irresponsible to invitations or who arrive late, and I will follow up with them one-on-one to get clarifications instead of building up resentment towards them.
	<b>Planning Techniques</b> I will do my best to learn about various planning techniques such as date polls in order to take into account people's busy schedules.
	<b>Welcoming Environments</b> I will do my best to remember that it is an honor and a privilege when people choose to attend one of my events, and as such, I will do my best to welcoming them as warmly as possible into the spaces where I organize my activities whether inside or outside of my home.
	<b>Humility</b> I will do my best to continuously improve my organizer skills and to ask for feedback from my friends about how my events can be improved.

Today's date: \_\_\_\_\_

Your name (printed): \_\_\_\_\_

Your signature: \_\_\_\_\_

## Making First Contact and Small Talk

When you can master the art of making first contact and small talk, you are automatically less nervous, and more confident when meeting new people. You are also much more likely to leave a good impression on potential friends.

**Nobody is perfect**, so using a pencil:

- place a **checkmark** beside the tips that you would like to use at your next social gathering
- feel free to add your own tips
- remember to check our **online knowledge base** for suggestions from members from around the world

	Remember to smile when you introduce yourself.
	Ask people if this is their first time they've been to one of these events before.
	If it's a private event, ask people how they know the host.
	Speak clearly and loud enough so people can hear you.
	Make a game out of it. Trick your mind into making it seem easier and more fun. Commit to at least an hour. Plan to meet at least five people.
	Take responsibility for meeting others. Don't wait for others to approach you. Say hello first. When you expect others to make the first move, you'll be disappointed. And the more you do it, the more comfortable you'll be.
	Don't be the sidekick. Rather than being the shadow of the one person you already know, branch out. Meet others on your own.
	Compliment and shift. Find something that you can genuinely compliment the other person on and then shift to a question so it isn't awkward. Everyone loves a nice compliment.
	Be an introducer. If you are talking with someone and another guest looks a little uncomfortable, invite him or her into the conversation. Remember the times when you were that uncomfortable person and try to include others.
	Be interested, and <b>listen</b> more than you talk. Asking questions is the secret ingredient to interesting conversations. Stay away from yes/no questions. You can naturally start with easy questions that feel natural, but listen for an interesting comment to explore and build upon.

## Deepening Your Friendships

When you can master the art of deepening a friendship then you have more opportunities to create stronger bonds with friends.

**Nobody is perfect**, so using a pencil:

- place a **checkmark** beside the tips that you would like to use to deepen your friendships
- feel free to add your own tips
- remember to check our **online knowledge base** for suggestions from members from around the world



	Develop your confidence and self-esteem as much as possible. This will allow you to be more open and vulnerable without being too needy.
	Pick a few of your friends to have deeper conversations with. This allow you to see which of your friends is willing and able to discuss deeper topics with you, and you won't be relying on one friend as your only 'deep' friend.
	Put yourself in environments which are not too noisy or distracting. i.e. if you planned on meeting up at a certain venue but it turns out to be noisy, it will likely be worth it to go somewhere else if you want to try to have a deeper conversation
	Make the first move to initiate a deeper subject matter. Don't wait for your friend to start a deeper conversation topic with you, you may be waiting a long time.
	Learn to trust your friends with your hopes, dreams, fears and your history. The more you are willing and able to share with others, the more they will understand you, and the more likely they will be to open up to you.
	Learn to be more honest with your friends about things they do that prevent you from being closer friends i.e. they may dominate the conversation without realizing it.
	Be honest with your friends about how often you would like to see them. This will allow you to establish a regular frequency of contact which will make you feel more comfortable opening up with each other.