



FRIENDSHIP RENEWAL

JOURNAL

Reaching Out and Reconnecting

Consider a friendship that has gone through ups and downs. What helped you overcome the challenges?

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Describe a friend you'd love to reconnect with. What's one thing you appreciate about them?

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Write about a time when a friend made you
feel truly appreciated.

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Describe a time when a friend surprised you
in the best way.

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When was the last time you made a new friend? What made that connection easy or challenging?

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Describe the qualities that make one of your friendships unique.

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How can you prioritize your friendships while balancing other responsibilities?

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List five ways your friends have enriched your life.

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List three friends you haven't spoken to in a while. What's one small way you could reconnect with each of them?

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List three things you're grateful for about your friendships.

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Reflect on a conflict with a friend. What could you have done differently?

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Reflect on a friendship you've lost touch with. What do you miss most about that relationship?

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Reflect on how you forgive when it comes to friendships. What helps you let go of past hurt?

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How has your definition of friendship evolved over time?

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Reflect on how your friends have supported your personal growth.

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Reflect on what you want your friendships to look like a year from now. What steps can you take to get there?

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Reflect on your own qualities as a friend.
What do you bring to your friendships?

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Set one goal for how you want to nurture
your friendships this month.

Lined area for writing the goal, consisting of 25 horizontal dotted lines.

What friend needs support right now & how
can you be there for them?

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Think about a place or activity where you could connect with like-minded people.

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Think about a time you laughed with a friend. How can you create more moments like that?

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Reflect on when you previously supported a friend. How did it strengthen your bond?

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Think about someone you've recently met. How could you turn that acquaintance into a deeper friendship?

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What do you wish you had said to a friend in the past, but didn't?

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What does an ideal friendship look like to you?

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What fears or doubts hold you back from reaching out to someone?

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What personal habits might prevent you from maintaining strong connections?

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What qualities do you look for in new friends?

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What small gesture could you make this week to show a friend you're thinking of them?

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What steps can you take to show openness to new friendships?

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What's a small step you could take toward mending a strained friendship?

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Name activity you and a friend could do together to strengthen your connection.

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What lessons have you learned from a friend who stayed with you?

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What's one thing you admire most about your
closest friend?

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How could you make your friends feel more valued and appreciated?

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Write a draft message to a friend you've lost touch with. Keep it simple and heartfelt.

A series of horizontal dotted lines for writing a draft message.

Write a thank-you note to a friend who's
made a difference in your life.

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Write about a friend who has impacted your life in a meaningful way. How did they influence you?

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Write about a friend you've been thinking about lately. What drew you to them in the first place?

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Write about a memory that makes you smile
when you think of a particular friend.

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What shared tradition or inside joke do you have with a friend?

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Talk about a time when you and a friend
overcame a challenge together.

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Think about a time you felt lonely. What role could friendships have played in that moment?

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Write about a time you had to set boundaries with a friend. How did it help you both?

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Talk about a time you let pride or
miscommunication get in the way of
reconnecting with someone.

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In what way could you celebrate a friend's achievements or milestones?

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How could you express gratitude to a friend
who's been there for you?

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Write about an adventure or experience you'd like to share with a friend in the future.

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If you had the opportunity to meet someone new, how could you make the most of it?

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