

JOURNAL PROMPTS

Connection & Friendship

For making friends and keeping them, slowly and on purpose.

Who have I been meaning to reach out to, and what's stopping me?



What small, everyday detail of my life would I love to share with a friend?



Which relationships in my life could use a slower, more thoughtful kind of attention?



What part of myself would I like a new friend to know?



When have I worried about being too much, and who has made me feel just right?



Who has made time for me lately, and who could I make time for?



What do I have to say that someone else might need to hear?



Who could I say hello to this week, just to see where it goes?



Who would I love to write a letter to, and what would I say first?



What kind of friend am I, and who might be looking for someone just like me?



Connection & Friendship

CUT ALONG THE DASHED LINES

NO. 1



Who have I been meaning to reach out to, and what's stopping me?

NO. 2



What small, everyday detail of my life would I love to share with a friend?

NO. 3



Which relationships in my life could use a slower, more thoughtful kind of attention?

NO. 4



What part of myself would I like a new friend to know?

NO. 5



When have I worried about being too much, and who has made me feel just right?

NO. 6



Who has made time for me lately, and who could I make time for?

NO. 7



What do I have to say that someone else might need to hear?

NO. 8



Who could I say hello to this week, just to see where it goes?

NO. 9



Who would I love to write a letter to, and what would I say first?

NO. 10



What kind of friend am I, and who might be looking for someone just like me?

