



# Make New Friends

## Pro-Active Friend Finder!



*Life Coach  
on the Go!*

*bite-sized wisdom for busy people*

This Coaching Exercise asks you some questions to help you get clear on 1) what you're looking for in a friendship, 2) what YOU bring to a friendship and 3) helps you to identify some ideas & actions to find potential friends.

**1. Why is having friends important to me right now?** .....

(Getting clear on WHY we want something helps to motivate and inspire us.)

**2. What are the Top 3 Qualities I would like in my IDEAL friends?**

i. ....

ii. ....

iii. ....

**3. Thinking about good friends I have currently, or had in the past, what do I value MOST about them?**

i. ....

ii. ....

iii. ....

**4. What are the outcomes (specific results) that I would like from having new friendships?**

i. ....

ii. ....

iii. ....

**5. What 3 qualities must my friends NOT have?**

a. .... b. .... c. ....

**6. What special qualities do I bring to a friendship? How am I a GREAT friend?**

.....

**7. What activities or kinds of things do I like to do with friends?**

i. ....

ii. ....

iii. ....

**8. What could get in the way of me having successful friendships?** .....

**9. Where could I meet potential friends?** (brainstorm and list all your potential ideas, no matter how 'realistic' they are)

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.....

**10. Who, that I already know, are potential friends?** .....

(Think about people at work, a club or group, a fellow volunteer, someone at the gym or a class or anyone else that you often run into.)

**Finally, what actions will you take to get moving?** This could be anything from making a phone call, starting a new hobby or activity, attending an event or asking someone to go for a beer or coffee. And if it's an idea you've been procrastinating over, now's the time to do it... Simply write your actions in the space below - and be as specific as you can!

**1<sup>st</sup> Action** Something you can do **Now!** (right away or by the end of today) \_\_\_\_\_

**2<sup>nd</sup> Action** \_\_\_\_\_ By when \_\_\_\_\_

**3<sup>rd</sup> Action** \_\_\_\_\_ By when \_\_\_\_\_

*Good for you! Now doesn't that feel exciting?*