

Saying “Yes” to New Friendships – Reflection Worksheet

Use this worksheet to gently explore your readiness for new friendships and identify what kind of connections would bring you joy in this season of life.

Step 1: Reflect on Your Current Circle

Who are the people currently in your life that bring you energy? Who might you feel distant from? Write a few names and how those connections feel right now.

Current Connections & Feelings:

Step 2: Your Ideal Friendship

What qualities are most important to you in a new friend? (e.g., kindness, humor, reliability, shared interests).

Qualities I Value:

Step 3: Your First Yes

List one or two small actions you can take this month to open the door to new connections. (Examples: say hello to a neighbor, join a local event, text an acquaintance to meet for coffee).

Small Actions I Can Take: