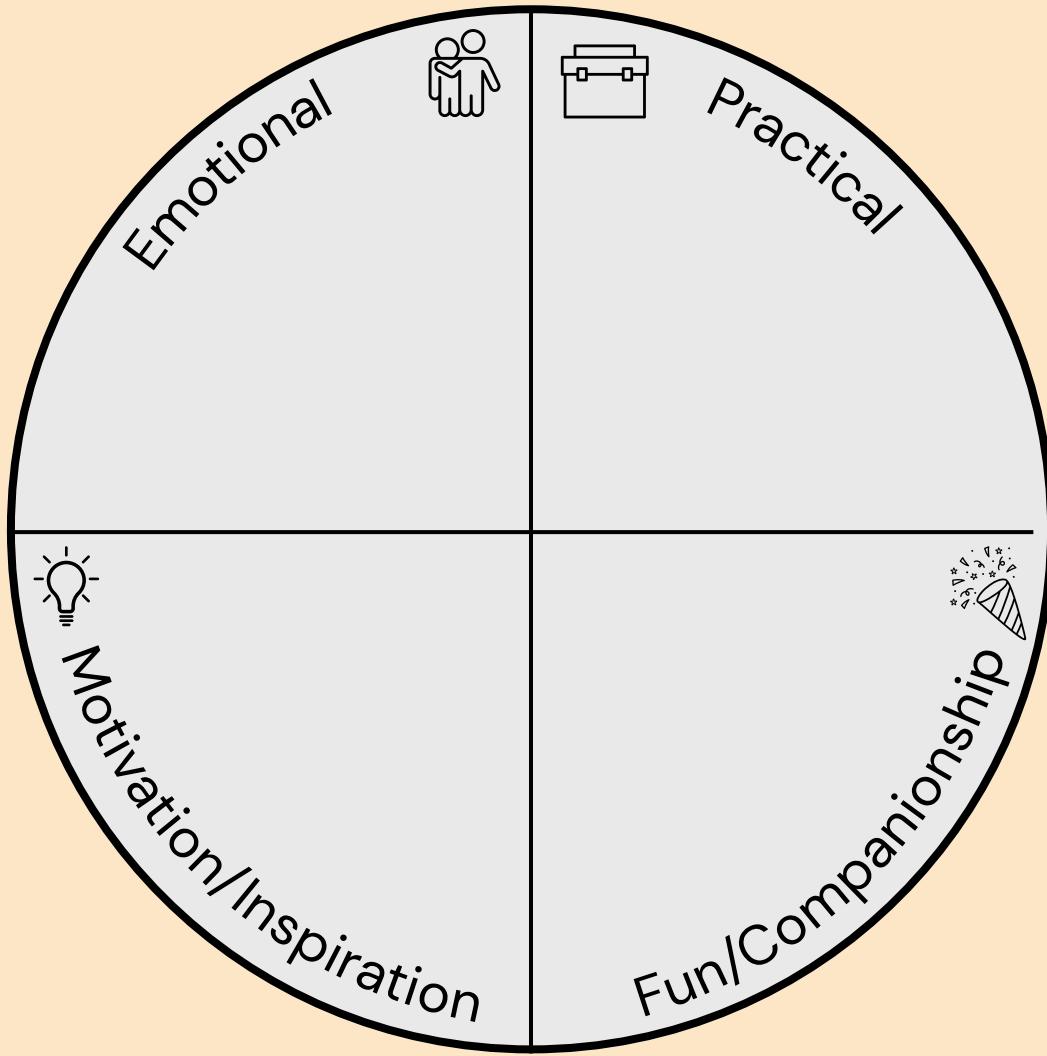


# Who's in your support circle?

Use the spaces below to jot down who you would go to for each form of support



Is there anyone who feels very imbalanced?

Write down how you could pull them into another quadrant

.....

.....

.....

.....

# Maintenance Toolkit



## ✓ Ongoing Tools - *Can I check off all of these boxes?*

- I regularly check in with my friends, just because
- We celebrate the small wins together
- We respect each others differences
- I apologise sincerely and actively try to fix any mistakes I make
- I actively listen and offer support

*What can I do to to improve one of these?*



## My Refill Kit

*To recharge myself, so I can show up for others*

What helps me to reset emotionally?

Who supports me on bad days?

What boundaries help me to maintain balance?

## When things feel difficult:



*Important steps to maintain a friendship through tough times*

Pause and Reflect

Communicate Kindly

Repair and Move Forwards Together



## Goals for Growing Connections

*One small thing I'll try this month to nurture my friendships*

Send someone a message just because



Arrange a small hangout activity with them



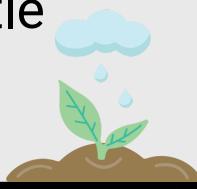
Write down one thing that helps you recharge



You don't need to have everything figured out to be a good friend



Kindness isn't about grand gestures - It's about consistency and the little things



**You made a difference today**



Ask if they want to get coffee/hot chocolate with you

Send them that funny meme



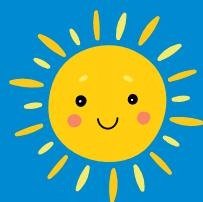
Write down one recent positive moment you shared with someone



The right people will love you for you - and they will love you



Hooray for a Beautiful Day



A small win is still a win  
Never forget that

