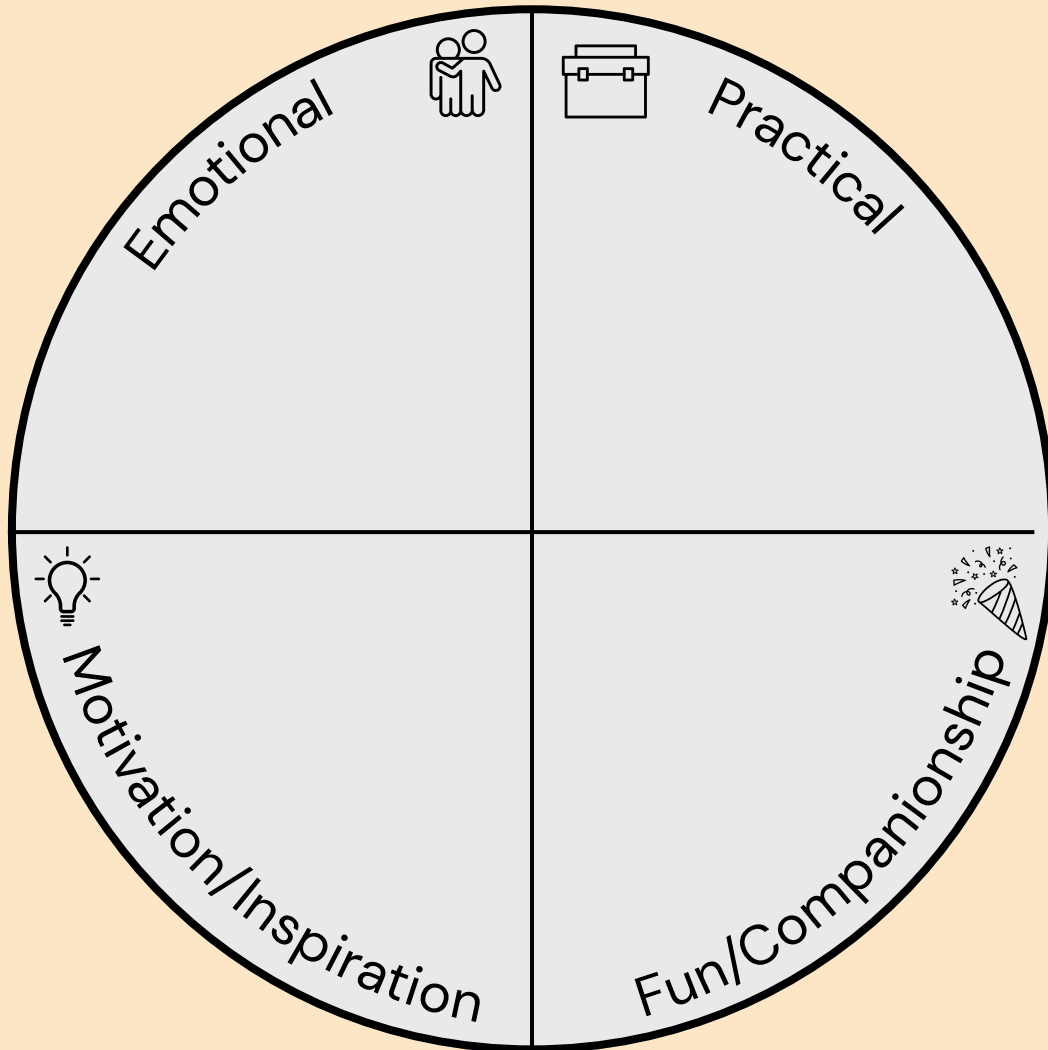


Who's in your support circle?

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 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

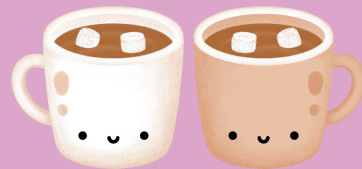
Repair and Move
Forwards Together



Goals for Growing Connections

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

Send someone a message
just because

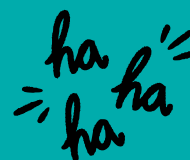


Ask if they want to get
coffee/hot chocolate with you

Arrange a small hangout
activity with them



Send them that funny meme



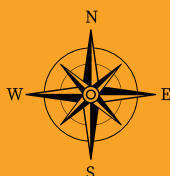
Write down one thing that
helps you recharge



Write down one recent
positive moment you shared
with someone



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



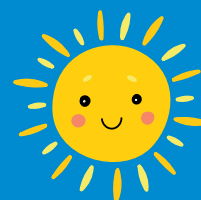
The right people will love you
for you - and they will love
you



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



Hooray for a Beautiful Day



You made a difference today

A small win is still a win
Never forget that

