
Friendship Reflection Workbook: Exploring, Strengthening, and Celebrating Your Connections

Section 1: Introduction

- The purpose of the workbook:
 - To deepen understanding of the different types of friendships.
 - To reflect on current friendships and identify areas of growth.
 - To celebrate meaningful connections and strengthen them.
 - There are six types of friendships: Cheerleader, Truth-Teller, History Keeper, Adventure Buddy, Mentor, and Companion.
 - This workbook is a journey of self-discovery and growth in relationships.
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Section 2: Reflection Prompts

Prompts:

1. What does friendship mean to you?
 2. Who are the most important people in your life right now, and why?
 3. Which friendships bring you the most joy and fulfillment?
 4. Are there any friendships that feel one-sided or draining?
 5. When was the last time you made an intentional effort to connect with a friend?
 6. What type of friend are you to others?
 7. What values are most important to you in a friendship?
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Section 3: The Six Types of Friendships

Let's break down each type of friendship with descriptions, examples, and reflection questions.

Example: The Cheerleader

- **Description:** This is your biggest supporter, always celebrating your wins and encouraging you through tough times.
- **Reflection Questions:**
 - Do you have a Cheerleader in your life?

- How does their encouragement impact you?
 - Have you acted as a Cheerleader for others?
- **Action Step:** Reach out to your Cheerleader to express gratitude for their support.

Section 3: The Six Types of Friendships

1. The Cheerleader

- **Description:** The Cheerleader is your biggest supporter. They are the friend who lifts you up when you're down, celebrates your successes with unfiltered joy, and reminds you of your worth when you forget it. Their energy and positivity are contagious, and they inspire you to believe in yourself.
 - **Example:** A friend who sends you an encouraging text before a big job interview or celebrates with you after achieving a milestone.
 - **Reflection Questions:**
 - Who in my life consistently cheers me on and celebrates my wins?
 - How does their encouragement impact my confidence and motivation?
 - When was the last time I showed up as a Cheerleader for someone else?
 - **Action Step:** Write a gratitude note or send a text to your Cheerleader thanking them for their unwavering support.
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2. The Truth-Teller

- **Description:** The Truth-Teller is the friend who tells it like it is. They give you honest feedback and constructive criticism, even when it's hard to hear, because they genuinely want to see you grow. Their honesty helps you stay grounded and aligned with your values.
 - **Example:** A friend who calls you out when you're making a poor decision or challenges you to think differently about a problem.
 - **Reflection Questions:**
 - Who in my life is willing to tell me the hard truths with love?
 - How have their honest words helped me grow or make better decisions?
 - Am I open to constructive feedback, or do I resist it?
 - **Action Step:** Reflect on recent feedback from a Truth-Teller. How can you apply it to your life?
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3. The History Keeper

- **Description:** The History Keeper is the friend who has been with you through thick and thin. They know your story, your past, and how you've grown over time. They provide a sense of comfort and connection to your roots.
- **Example:** A childhood friend who remembers all your inside jokes or a college roommate who stood by you during tough times.
- **Reflection Questions:**
 - Which friends in my life have shared significant milestones or moments with me?
 - How do these shared memories deepen our connection?
 - How can I continue to nurture this friendship?

- **Action Step:** Reach out to a History Keeper and reminisce about a shared memory. Let them know how much they mean to you.
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4. The Adventure Buddy

- **Description:** The Adventure Buddy is the friend who pushes you out of your comfort zone and shares exciting experiences with you. They remind you to embrace fun and live in the moment.
 - **Example:** A friend who invites you to try a new hiking trail, sign up for a dance class, or take a spontaneous weekend trip.
 - **Reflection Questions:**
 - Who in my life inspires me to try new things and embrace spontaneity?
 - How does their adventurous spirit impact my own willingness to take risks?
 - When was the last time I invited someone to join me on an adventure?
 - **Action Step:** Plan a fun activity or outing with your Adventure Buddy and create a new memory together.
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5. The Mentor

- **Description:** The Mentor is the friend you look up to for wisdom, guidance, and support. They inspire you with their experience, perspective, and encouragement to reach your potential.
 - **Example:** A friend who gives you career advice, helps you navigate tough decisions, or shares life lessons.
 - **Reflection Questions:**
 - Who in my life do I turn to for guidance and inspiration?
 - How has their mentorship impacted my growth or decision-making?
 - Have I expressed gratitude for their support and wisdom?
 - **Action Step:** Write a thank-you note or share a heartfelt message with your Mentor to acknowledge their positive influence on your life.
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6. The Companion

- **Description:** The Companion is the friend who provides comfort, ease, and stability. This friendship feels effortless and restorative because it's built on mutual understanding and shared trust.
 - **Example:** A friend you can spend hours with doing "nothing," like binge-watching a favorite show or running errands together.
 - **Reflection Questions:**
 - Who in my life offers me a sense of calm and comfort?
 - How does their presence help me recharge and feel supported?
 - Am I providing the same sense of ease and stability in return?
 - **Action Step:** Schedule a low-key hangout with your Companion to reconnect and enjoy their calming presence.
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Section 4: Friendship Mapping Exercise

- Create a "friendship map" with categories for each type of friend.
 - Encourage readers to identify which roles their current friends fill.
 - Include space for them to note any gaps they'd like to fill (e.g., "I need an Adventure Buddy").
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Section 5: Strengthening Your Friendships

- Offer actionable steps for nurturing and growing connections:
 - Set regular times to check in.
 - Plan meaningful activities together.
 - Communicate openly and honestly.
 - Set boundaries when necessary.
 - Include a gratitude exercise: Write down three things you appreciate about each friend.
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Section 6: Letting Go of Friendships That No Longer Serve You

- Discuss why it's okay to outgrow some friendships.
 - Reflection Questions:
 - Are there friendships that feel more draining than fulfilling?
 - What boundaries can you set to protect your energy?
 - How can you compassionately step back from these relationships?
 - Offer a script for letting go of a friendship respectfully.
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Section 7: Vision for Future Friendships

- Reflection Prompts:
 - What qualities do you want to attract in future friendships?
 - How can you take the initiative to meet new people?
 - How can you show up as the friend you want to have?
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Section 8: Weekly Friendship Challenge

- Include a 4-week challenge to help readers act on what they've learned:
 - Week 1: Reach out to a friend you haven't spoken to recently.
 - Week 2: Plan a meaningful activity with a close friend.
 - Week 3: Write a gratitude note to a friend who has impacted your life.
 - Week 4: Reflect on how these actions made you feel and what you've learned.
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Section 9: Final Reflections

- Recap: What have you learned about yourself and your friendships?
 - Space for readers to write their personal takeaways and commitments moving forward.
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Bonus Section: Resources

- Include:
 - Conversation starters for deepening connections.
 - Books and podcasts about friendship.
 - Journaling prompts for ongoing reflection.
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