

Tab 1



Find Your Friendship Fizz Quiz

What's your friendship vibe & who do you need more of right now?



How It Works:

- Choose the answer that feels most like you
- Be honest—there are no wrong answers
- Get your result + tips to attract the friendships you crave

1. What lights you up the most on a weekend?

- A. Coffee with a close friend
- B. Spontaneous road trip
- C. A solo nature walk
- D. Hosting brunch for a group

2. When you need a boost, you...

- A. Call someone who just "gets it"
- B. Plan something fun and adventurous
- C. Retreat into your journal or a book
- D. Invite a few friends over for laughs

3. You'd rather your friendships feel...

- A. Deep and steady
- B. Full of excitement and spontaneity
- C. Peaceful and low-maintenance
- D. Fun and supportive

4. In a group setting, you're the one who...

- A. Holds space for others
- B. Gets the party started
- C. Observes and listens
- D. Brings the snacks and invites everyone

5. Your dream friend would...

- A. Always be there in a crisis
- B. Take you on an adventure
- C. Give you calm and understanding



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D. Make life more fun

Thanks for discovering your Friendship Fizz! ☀️

- **Mostly A's – The Heart Connector** ❤️: You value depth and trust.
- **Mostly B's – The Adventure Ally** 🦋: You thrive on energy and exploration.
- **Mostly C's – The Soulful Soother** 🌿: You crave calm, aligned friendships.
- **Mostly D's – The Joy Seeker** 🎉: You bring the joy and need someone to celebrate it with!

🎉 **You Found Your Fizz!**
[Insert result type name here]

👉 Learn more:

The Heart Connector

You thrive on meaningful, one-on-one connections. You're the person friends call when they need comfort, support, or heartfelt advice.

Affirmations:

- "I create space for connection."
- "I am deeply valued by those I love."

Action Steps:

- Reach out to someone you miss
- Join a book club or circle with emotional depth
- Practice receiving support, not just giving it

The Free Spirit

You crave friendships that are light, spontaneous, and energizing. You're the adventurer who lifts spirits and lives in the moment.

Affirmations:

- "I bring joy wherever I go."
- "I trust the right people will find me."



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Action Steps:

- Try a new hobby group or travel club
- Say yes to spontaneous invites
- Reach out to someone with your same spark

The Gentle Soul

You find fulfillment in calm, consistent friendships. You love cozy conversations, shared silence, and trusted routines.

Affirmations:

- "Peace is my power."
- "My quiet presence is a gift."

Action Steps:

- Nurture one meaningful connection this week
- Join a wellness or creativity-based group
- Set boundaries that protect your energy

The Social Butterfly

You shine in community. You love laughter, togetherness, and friends who feel like family.

Affirmations:

- "My joy is contagious."
- "I create community wherever I go."

Action Steps:

- Host a simple gathering (coffee, potluck, walk)
- Explore community volunteer groups
- Reconnect with someone who always made you laugh

Want to attract friendships that match your fizz?



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Let's chat. Schedule a free [Find Your Fizz Discovery Call](#) today.