



Make a New Friend Challenge

CHALLENGE DESCRIPTION:

Welcome to the “Make a New Friend Challenge,” a seven-day challenge designed to expand your social circle and enrich your life with new connections. In a world where we are increasingly connected digitally, this challenge is an opportunity to foster genuine friendships in-person.

As we age, our social circles tend to shrink. Responsibilities such as work, family, and daily routines can make it challenging to meet new people and nurture friendships. This challenge aims to break down those barriers and create opportunities for meaningful interactions. Friendships are a vital part of our social well-being. They provide support, joy, and a sense of belonging. Connecting with others can lead to shared experiences, personal growth, and improved understanding of different perspectives.

HOW DOES FRIENDSHIP IMPACT YOUR WELL-BEING?

Friendships play a crucial role in enhancing emotional wellbeing in several ways:

- **Emotional Support:** Friends provide a safe space to share feelings and experiences without judgment. This support can help reduce stress and anxiety, making it easier to cope with life’s challenges.
- **Increased Self-Confidence:** Positive friendships can **boost self-esteem and self-worth**. Knowing that you have friends who value and appreciate you can enhance your confidence and overall sense of self.
- **Sense of Belonging:** Friendships create a sense of connection and belonging. Feeling part of a supportive community can **reduce feelings of loneliness and isolation**.

THE CHALLENGE

This one-week challenge is aimed at helping you go outside your comfort zone and make connections with new people. There are so many times in life that our interactions never go past a superficial level of “Hello, how are you?” You are going to aim to take your interactions past this level.

Check off each row as you complete the prompt. Click the squares on the left side of each day, or print this out and fill them in by hand.

MAKE A NEW FRIEND

1



Join a Friendship App: Sign up for a friendship app and create a profile that reflects your interests and personality.

2



Reach Out: Ask a friend to connect you with some of their other friends and join them at their next get together.

3



Attend a Class or Local Event: Find a local event or take a class related to a hobby of yours and attend. Make it a goal to introduce yourself to at least one new person. Bonus – you already have something in common.

4



Reconnect: Reach out to an old friend or acquaintance you've lost touch with and suggest meeting up.

5



Offer Help: Offer to help someone with something, whether it's a project, a move, or just advice.

6



Cafe Crawl: Reflect on the connections you've made this week. Follow up with at least one person you met and propose another meet-up or activity.

7



Reflect and Follow Up: Reflect on the connections you've made this week. Follow up with at least one person you met and propose another meet-up or activity.

CHALLENGE COMPLETE!

Remember, the end of this challenge is just the beginning of what can be lifelong friendships. Keep nurturing the connections you've made and continue to reach out and meet new people. It can be hard, but it is worth the effort!



Congratulations on completing the **Make a New Friend** Challenge

The journey of wellness is ongoing, and each step, no matter how small, is a victory to be celebrated. Keep pushing forward, embracing each day as an opportunity to live your best life.

