

Pledges of _____ for the year _____

DO ?	Personal Habits	End of year effectiveness rating					EoY
		++	+	0	-	--	✓ x
	I will send a few postcards from my holidays to my friends						
	I will try to spend as much time socialising with friends as I do on Netflix and Co.						
	I will reflect of how much of my friends say I actually retain, how much I am actually listening to them rather than have them listen to me						
	I will accept the good and allow my friends to give me gifts, do me favours, help me in life even if I cannot reciprocate in the moment, that week or even this year.						

	Communication habits	++	+	0	-	--	
	When communicating with my friends, I will try to add in as many layers as possible, and try to give them my full attention						
	I will try to be more appreciative of my friends, their strengths and be grateful how they bring joy into my life						
	I will stop using the word 'busy' and 'toxic' in my communication with friends						
	I will think of who among my friends needs encouragement and a little nudging and will offer to be a caring but slightly annoying accountability buddy						
	I will be honest with my friends, and whilst not becoming judgemental, tell them if I think their behaviour is inconsistent with how I see them as a friend						
	...						

	General habits for maintenance	++	+	0	-	--	
	I will try to once a month host my friends for lunch or dinner						
	I will try the rule of six – focusing on six friends for the coming year						
	I will think about a good gift for three of my friends for this year						
	I will try out a new hobby, that a current friend enjoys and that is suitable of pursuing it together						
	I will start or continue to work on a project with a friend of mine						
	...						

	Making new friends and fostering new friendships						
	I will join Meetup, Internations and maybe one or two local social organisations						
	I will think of who of my friends from different circles could also become friends if introduced						
	In my organisation or local community I will think of ways how we can improve opportunities for random people to meet and get to know each other						
	I will reconnect with some old 'rust' friends from my early years						
	...						

	Thinking about friendship						
	I will reflect on attitudes of mine on friendship, like privacy, closeness, selflessness and see how differences in attitudes may affect current friendships						
	I will think on how streamlined and similar my friends are, in particular whether I have friends outside my social class, educational level, gender or race ?						
	I will think about three suggestions my friends made how I may change my life for the better and potentially even try them out for a while						
	I will think about what is most important to me about my friendships ? What makes them precious and why I wouldn't want to miss my friends in my life ?						
	I will think about how I share my life and how I found out most about my friends, whether by intentional and focused sharing or casual mentioning along other activities						
	...						

And at the end of this year, I will go to www.practicalfriendship.com and submit my answers anonymously. 😊😊😊