

## 14 Day Challenge

# Building and Maintaining Friendships

Below are ways to start the process of connecting with new people, building the foundation of friendship, and strengthening existing relationships. Challenge yourself to complete one task each day for 2 weeks.

Text a friend you haven't been in touch with recently

Leave a post-it note with a message for friend on their door

Set-up an "errand date" with a friend to complete a task

Give someone a genuine compliment

Chat with someone in a class you don't normally talk to

Make a list of 5 people you want to connect with in near future

Give someone a warm hello or goodbye

Ask someone for a TV show/Movie/Book/Podcast recommendation

Plan a coffee date with someone you would like to get to know better

Attend a new club/organization meeting

Buy a small surprise gift for someone in your life

Send a fun photo or text update to a long distance friend

Ask a friend to talk a walk on the nature path by Ring Road

Express gratitude to someone

Identify 3 people you would like to have a deeper relationship with

Go to with a friend to a Blue Devil Athletics sporting event

Ask someone for a favor