☕ 7. Friendships: *Action Plan Example*

An action plan to become more social and make new friends involves setting specific goals and taking deliberate steps to expand your social circle. *Below is an example for inspiration.*

I will start ___January 10___

(Start Date: The date when you will start implementing this plan and aim to make it a regular part of your daily life—add it to your calendar!)

I want to ___find a fitness buddy that likes social walking___

(Main goal: E.g. Increase my circle of friends to include younger ones with more diverse backgrounds, causal friends, activity partners)

I will ___contact my local community center for Information of clubs I could join (Identify what I like)___

(Type of activity that aligns with your Main Goal: E.g. Book clubs, sporting bodies groups)

My support buddy is ___Mary___

(Support system: Who can support and motivate you. E.g. It could be a counsellor, close friend or family member.)

My Milestone Reward is ___new walking shoes___

(Reward: E.g. After 2 weeks of sticking to my social action I'll treat myself to a relaxing massage, a new book or exercise gear.)

Not ready for a big change yet? Start off with a tiny habit.

My tiny habit: Smile at people more and start up a conversation by complimenting them on something

(Small changes over time will have a big impact.)

☕ 7. Friendships: *Your Action Plan*

Why do you want to improve your social life?

_____

_____

I will start _____

(Start Date: The date when you will start implementing this plan and aim to make it a regular part of your daily life—add it to your calendar!)

I want to _____

_____

_____

(Main goal: E.g. Increase my circle of friends to include younger ones with more diverse backgrounds, casual friends, activity partners)

I will _____

_____

_____

(Type of activity that aligns with your Main Goal: E.g. Book clubs, sporting bodies groups)

My support buddy is _____

(Support system: Who can support and motivate you. E.g. It could be a counsellor, close friend or family member.)

My Milestone Reward is _____

_____

_____

(Reward: E.g. After 2 weeks of sticking to my social action I'll treat myself to a relaxing massage, a new book or exercise gear.)

Not ready for a big change yet? Start off with a tiny habit.

My tiny habit: _____

_____

_____

(Small changes over time will have a big impact.)