

Name:

Date:

Creating Friendships Action Plan

My FRIENDSHIP GOALS

I want to make friends who...

My STRENGTHS AS A FRIEND

Things I am good at that help me be a friend:

SKILLS I WANT TO IMPROVE

Something I want to get better at when making or keeping friends:

ACTION STEPS

List 3 small steps I can take to create or strengthen friendships this week:

FRIENDSHIP SUPPORT SYSTEM

People I can ask for help or advice when I need support in making friends:

REFLECTION

How will I know I am making progress in building friendships?