

# FEBRUARY || FRIENDSHIP



We are all so busy, but this month we're making it a goal to spend quality time with friends and to focus on being present--really present--during conversations. Four weeks. Four mini friendship goals. You choose the order.

Contact an old friend. Someone from your school days, a former colleague, or old neighbor.  
Call him or her. Send a pretty card.  
Write a note. Reconnect.

did it! ☐

Plan an at-home date night with your spouse.  
Play cards, watch a movie, order dinner in. Unplug.

done! ☐

Hang out with your kids. Do something special--a museum, the mall, painting pottery, or a sporting event.  
Just hang out. Listen. Talk. Laugh.  
No errands or agenda other than getting to know your cool kid as a person.

yes! ☐

Go out with some friends.  
Get out of the house.  
Put on makeup and do your hair.  
Do dinner, a movie, shopping.  
Do anything. Just get a small group together. Laugh.  
Talk. Enjoy time together.

rocked it! ☐

GET YOUR KIDS IN THE MIX -----> Learn ways to help kids develop healthy friendships this month on [teachmama.com](http://teachmama.com)

NEXT UP? CLARITY -----> Think: Are your thoughts and actions aligned? Where is there a disconnect?



to live focused is to live with intention & purpose  
We get one life.  
Let's make it count.  
#livefocused | [teachmama.com](http://teachmama.com)