

CHALLENGE 6: FIRM FRIENDS

*"I love it when a friend gets in touch.
I should do it more often."*



DO

Find a photo of you having fun with friends, or remember a happy time with your friends. Pick up the phone, or put pen to paper, and contact a friend you haven't been in touch with for a while.

THINK

What qualities do you appreciate in your friends?
How does spending time with them make you feel?

SHARE

your feelings with your friends. Let them know why they are important to you, and share some of your happy memories of spending time with them.

Jot down one or two things that you have enjoyed about being creative that you would like to share with your friends:

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