



WithinU Life Coaching
7808 Williston Rd. Suite 102 Williston, VT 05495
Williston Office : 802-879-0448

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SOCIAL SKILLS CALENDAR



www.withinlifecoaching.com

Getting Started: Tips That Will Help You Fill Up Your Social Calendar

Meeting new people and keeping friendships alive requires that you make an effort. Friends won't just appear, you have to actively participate to develop relationships.

This means you have to take actions to do something with the people you meet if you want to develop a relationship with them.

STEP ONE:

Not sure how to make friends or develop friendships, here are some tips. To make friends you first have to meet people.

Start with people you already know by making a list of:

Family	Friends you've lost contact with	People that you see everyday	People you hang out with, who you would like to see more often	People you would like to meet

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STEP TWO: Take the Initiative with Actions: get up and get out, keep in touch, and keep hanging out.

You've met some people you get along with, now ask them to hang out.

Invite friends to do something with you.

If you want to do something on the weekend, don't sit around and hope someone calls you.

Get up, get out, and plan to do something with friends.

If someone invites you to do something,
ACCEPT EVERY INVITATION YOU CAN AND GO!

If you can't see someone this week
STAY IN TOUCH with friends through the phone, e mail or facebook and make plans to get together.

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Practice Log

DAY 1

Today I chose to practice my social skills by:

DAY 2

Today I chose to practice my social skills by:

DAY 3

Today I chose to practice my social skills by:

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DAY 4

Today I chose to practice my social skills by:

DAY 5

Today I chose to practice my social skills by:

DAY 6

Today I chose to practice my social skills by:

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DAY 7

Today I chose to practice my social skills by:

Meeting new people and keeping friendships alive requires that you make an effort so whether or not you've met someone new or not **GREAT JOB!**

Keep practicing your social skills and keep it fun and remember that the way to make a friend is to be one.