10 Day eCourse

Day 7

Subject: Tips for making the most of your relationship with your friends

Dear [Name],

It is often said that you are born into your family but you choose your friends. Your friends are special because you have found something in each other worth getting to know, and have decided to cultivate that as a bond. Here are some ways to make the most of these relationships.

Put In the Effort

Having friends often begins based on fun times together, but it takes consistent effort to keep the friendship going. Be willing to put in the effort it takes to maintain any relationship that is worthwhile. Call your friend every now and then, and take the time to listen to their problems even when you have a list of things you need to get done.

Don’t Neglect Each Other in the Busy Times

Life can get busy. Don’t neglect your friendship even when you are at your busiest times. You may not be able to get together for a weekly lunch date anymore once you both have families, but you can still send each other texts with updates about what you are doing. Find small ways to reach out even when it is not easy to do so.

Don’t Break Your Friendship over Insignificant Issues

So many friendships break up over little squabbles that cannot even be remembered later. Don’t make the mistake of sacrificing a strong friendship simply because you had one insignificant disagreement. Keep on discussing, resolve your issues and choose to compromise so that you can continue to build a friendship that will stand the test of time.

Treat Each Other Like Family

Some of the best friendships throughout one’s life are with the friends who have become like family. Think of your friend as another sibling, and honor them with the same care and concern that you would give someone in that position. Share special moments, traditions and perhaps even holidays when the opportunity arises. You will be amazed at the strong bonds that can be built even when you are not related by blood.

Open Up to Each Other

A friendship can only go so far on a surface level. A friend who shares what is on their heart with you will begin to close up again if you never reciprocate. Even if you are not the type of person to offer personal information freely, intentionally open up every now and then to your close friends about the deep parts of your life. This kind of sharing creates ties that last. And always be trustworthy with those secrets when they are shared.

Share Memorable Moments

Do activities together that you will remember forever. Whatever you both enjoy and have time for, make it happen. Whether it’s a spin class, a movie at the theater that you have both been waiting for, or a camping trip in the mountains… build those memories together.

Friendship is a two-way street. By implementing these tips into your friendships, they will grow and be nurtured on a regular basis. Make the most of your relationships and everyone will benefit from it on a long-term basis.

Next time we will look at ways to make the most of your relationship with your parents, whether you are close to them or not.