YOUR PERSONAL ACTION BOOK

Deeper Friendships

Turn surface-level ties into the real, close kind.

Generated Jul 21, 2026 · 90-day horizon

THE BIG PICTURE

Your 90 days at a glance

Every goal and its checkpoints on one timeline — so you can see how the next 90 days fit together, not as separate plans.

DAY 30 **Relationships.** Identified the few friendships worth investing in

Family. Held a daily phone-free family window for two weeks straight

DAY 60 **Relationships.** Had at least one deeper-than-usual conversation

Family. Kept a clear work-to-home transition every day for two weeks

DAY 90 **Relationships.** Hold a regular rhythm with my core people

Family. Run a weekly family ritual that everyone shows up for

> MID-POINT CHECK-IN · AROUND DAY 45
>
> Halfway through, take five minutes and answer these honestly:
>
> 1. **What's actually working?** Do more of it.
> 2. **What's not?** Shrink it until it's easy, or drop it.
> 3. **What's the one thing** you'll fix for the second half?

RELATIONSHIPS

Deepen the friendships I have

Invest more intentionally in a few key relationships.

THE CHALLENGE

My friendships feel shallow

WHY IT MATTERS

A handful of deep friendships beats a wide shallow network.

HOW THE PLAN UNFOLDS

Week 1	Do your first actions and start your keystone habits. The only goal this week is to begin.
Weeks 2–4	Make the routine automatic and repeatable, working toward: Identified the few friendships worth investing in.
Month 2–3	Turn the routine into a result you can point to, working toward: Hold a regular rhythm with my core people.

MILESTONES

DAY 30 Identified the few friendships worth investing in

DAY 60 Had at least one deeper-than-usual conversation

DAY 90 Hold a regular rhythm with my core people

KEYSTONE HABITS

Go deeper

When catching up with a close friend, I will ask one question beyond the surface.

Initiate

Every other week, I will be the one to suggest plans.

YOUR FIRST ACTIONS

- [ ] **Pick your core few**
  Choose the handful of relationships worth real investment.
- [ ] **Schedule regular time**
  Set a recurring call or meetup with your core people.

- [ ] **Ask a real question**
  Move past logistics to how they're genuinely doing.

TRACK IT · FIRST TWO WEEKS

Check a box each day you do the habit. Copy it for the weeks after.

Go deeper

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Initiate

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IF-THEN PLAN

When we stay on surface topics**, then** I ask one real question to go deeper.

When I feel like the only one trying**, then** I name it kindly rather than quietly withdrawing.

When there's no time for real talk**, then** I suggest a walk or call instead of a quick text.

FAMILY

Be truly present at home

Protect daily undistracted time with the people who matter most.

THE CHALLENGE

I'm not present with my family

WHY IT MATTERS

Presence, not hours, is what your family actually remembers.

HOW THE PLAN UNFOLDS

Week 1	Do your first actions and start your keystone habits. The only goal this week is to begin.
Weeks 2–4	Make the routine automatic and repeatable, working toward: Held a daily phone-free family window for two weeks straight.
Month 2–3	Turn the routine into a result you can point to, working toward: Run a weekly family ritual that everyone shows up for.

MILESTONES

- DAY 30 — Held a daily phone-free family window for two weeks straight
- DAY 60 — Kept a clear work-to-home transition every day for two weeks
- DAY 90 — Run a weekly family ritual that everyone shows up for

KEYSTONE HABITS

Phone-free dinner

When we sit down to eat, I will leave my phone in another room.

Arrival ritual

When I walk in the door, I will greet each person before anything else.

YOUR FIRST ACTIONS

- [ ] **Set a hard work stop**
  Pick a time work ends and protect the evening for family.
- [ ] **Create a phone basket**
  A spot where phones go during family time so attention is undivided.

- [ ] **Plan one weekly ritual**
  A simple recurring thing — game night, a walk — everyone counts on.

TRACK IT · FIRST TWO WEEKS

Check a box each day you do the habit. Copy it for the weeks after.

Phone-free dinner

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Arrival ritual

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IF-THEN PLAN

When I reach for my phone at home**, then** I put it in the basket until the kids are in bed.

When work pulls at me after hours**, then** I close the laptop and put it out of sight until morning.

When I'm drained in the evening**, then** I give 20 focused minutes instead of a distracted whole evening.