

YOUR PERSONAL ACTION BOOK

Rebuild a Friendship

Reverse one drift with a warm reach-out and a follow-up that sticks.

Generated Jul 21, 2026 · 90-day horizon

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. Sent a warm, specific reach-out to the friend I miss

Relationships. Reconnected with one old friend

DAY 60

Relationships. Had two real conversations or hangs, not just logistics

Relationships. Put a recurring social thing on the calendar and kept it twice

DAY 90

Relationships. Put a light recurring touchpoint on the calendar so it doesn't drift again

Relationships. Have a few regular people back in my week

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?

Rebuild one friendship after drift

Reopen one important friendship with a low-pressure reach-out and a few real conversations.

THE CHALLENGE

A friendship drifted and I want it back

WHY IT MATTERS

Most drift is neglect, not rejection — and neglect can be reversed with consistent contact.

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: Sent a warm, specific reach-out to the friend I miss. |
| Month 2–3 | Turn the routine into a result you can point to, working toward: Put a light recurring touchpoint on the calendar so it doesn't drift again. |

MILESTONES

- DAY 30** Sent a warm, specific reach-out to the friend I miss
- DAY 60** Had two real conversations or hangs, not just logistics
- DAY 90** Put a light recurring touchpoint on the calendar so it doesn't drift again

KEYSTONE HABITS

Monthly friend pulse

The first Sunday of the month, I will message or plan something with the friend I'm rebuilding.

Reply same day

When they message, I will answer within a day so momentum doesn't die.

YOUR FIRST ACTIONS

- ☐ **Name the one friendship**
Pick one person — not a list — whose drift you actually want to reverse.
- ☐ **Send the awkward text**
Keep it warm and specific: I miss you / thought of X / free for a walk or call?

☐ **Suggest one concrete plan**

Offer a day, time, and low-stakes activity so they don't have to invent the next step.

TRACK IT · FIRST TWO WEEKS

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

Monthly friend pulse

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Reply same day

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IF-THEN PLAN

When it feels too late, **then** I send a short honest message anyway — silence is the only guaranteed miss.

When I fear caring alone, **then** I make one clean offer and let their response decide the pace.

When I don't know what to say, **then** I use: I've been thinking about you — want to catch up this week?.

Rebuild real connection

Take small, regular steps to reconnect and meet people.

THE CHALLENGE

I feel lonely / isolated

WHY IT MATTERS

Connection is a skill of small repeated reach-outs, not luck.

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: Reconnected with one old friend. |
| Month 2–3 | Turn the routine into a result you can point to, working toward: Have a few regular people back in my week. |

MILESTONES

- DAY 30** Reconnected with one old friend
- DAY 60** Put a recurring social thing on the calendar and kept it twice
- DAY 90** Have a few regular people back in my week

KEYSTONE HABITS

Weekly reach-out

Every Sunday, I will message one person to make a plan.

Say yes more

When I get an invitation, I will default to yes unless there's a real reason not to.

YOUR FIRST ACTIONS

- ☐ **List people to reconnect with**
Write down a few people you've lost touch with but miss.
- ☐ **Send one message this week**
Reach out to a single person and suggest a concrete plan.

☐ **Join one recurring thing**

A class, league, or group that meets regularly to build familiarity.

TRACK IT · FIRST TWO WEEKS

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

Weekly reach-out

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Say yes more

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IF-THEN PLAN

When reaching out feels awkward, **then** I send a simple 'been thinking of you, free this week?'.

When I'm too busy to socialize, **then** I keep it small — one coffee or call counts.

When my circle has scattered, **then** I join one recurring local group to meet people nearby.