

DAY 1

Visualize Friendship

*Maybe it's not just about finding the perfect friend, partner, or tribe,
but finding the perfection in those you've already found.*

*Yeah, just a hunch -
The Universe*

Visualize yourself surrounded by friends who have come from far and wide to celebrate with you. Tap into the love you feel for each of them, and the love each of them feels for you. Imagine old friends and new friends together in the same room, laughing, talking, meeting each other for the first time—all because of you. Who is there? Who is connecting with who? Are they talking about you? If so, what are they saying? What a great friend you are, what's so funny about you, the difference you've made in their lives? Take a moment to observe all the valuable friendships you've made over the course of your life (past, present, and future) and notice what makes each of them so unique. Is it the conversations you have late at night, the fact that you've known each other for so many years, the challenges you've overcome together, the values you share? See your life filled with friends who adore you and friends who you adore.



TIPS

TRY THIS:

Think of a creative way to thank at least one friend who has always been there for you. Write them a letter, send them a gift, call them out of the blue.

GOING FORWARD:

Focus on building deeper connections with those in your life. Practice being vulnerable and authentic in every interaction. This will give others permission to be vulnerable and authentic with you.

VISUALIZE FOR

SOMEONE ELSE:

See them surrounded by friends who adore them and friends who they adore—new and old—laughing, smiling, and having the time of their lives in each other's company.

Describe your visualization:

What steps can you take to start moving toward it?

1.

2.

3.

4.

5.





Thoughts and insights about Day 1

