KRISTEN STRONG

30-DAY FRIENDSHIP CHALLENGE

A DESPERATE WOMAN'S GUIDE TO BUILDING STRONG, LASTING RELATIONSHIPS ONE DAY AT A TIME

START HERE

Friendship is one of life's sweetest gifts, but like a garden, it takes a little tending to keep it blooming. And if we're honest, sometimes amidst the hustle of life, our friendships can feel like they've been left to fend for themselves—kind of like that one houseplant you keep forgetting to water.

Think of this 30-day friendship challenge as a fun, creative nudge to intentionally invest in your relationships rather than a day-by-day, do-this-or-that scripted plan. Whether you've been besties for decades or are building a new bond, these small but meaningful challenges can help you take small, actionable steps to deepen relationships.

Each week begins with a prayer. Prayer is how we activate participation with our Father in heaven so His will connects with what we receive. It's God's will for you to have friends, so pray seriously and specifically to that end. Jesus is the only life-saving Friend who'll never let you down. And His own heart beats for you to have deep, life-giving friendships.

The rest of the week provides ideas to invite, connect, and create healthy friendship habits. I've discovered that when it comes to our friendships, rituals can be the fuel that feeds them. Rituals will help us regularly get together with folks, which will in turn help us regularly grow our friendships.

It's not about being perfect or checking every box—it's about showing up with an open heart and a willing spirit. It's about doing what gives life to your friendships and forgetting about the rest. And hey, if you snag an awkward encounter or hilarious story or two along the way, call that a bonus! Let's make time to invest in our friendships, one thoughtful day at a time.

-kristen

30-DAY FRIENDSHIP CHALLENGE

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

WEEK 1

day 1 - Pray

Lord, give me wisdom in where and with whom to invest my time and resources so I can have a good return on my efforts. Show me who will reciprocate my friendship overtures with those of her own.

day 2

Write a short note or card to a friend, highlighting something you appreciate about them. Give this note to them in person or send it in the mail.

day 3

Set up a coffee or lunch date with a local friend this week. Consider making this a weekly or monthly tradition that will provide a regular touchpoint to connect and catch up.

day 4

Gift a friend a small token of appreciation just because—a coffee, book, or something you know she'll love.

day 5

Pursue new connections by inviting someone to eat out or at your home after church or after work.

day 6

Host a dessert party where each person brings a dessert for everyone to share.

day 7

Invest time this week to meet with a woman who is one (or more) life stages ahead of you who can offer wisdom and perspective.

WEEK 2

day 8 - Pray

Lord, show me places I can regularly show up to increase the odds of making a friendship connection with someone.

day 9

Find time for a phone call or a FaceTime call with a long-distance friend to catch up.

day 10

Invite a friend for a walk or outdoor activity to spend quality time together.

day 11

Bring a friend chocolate chip cookies or brownies just because you know she likes that particular treat.

day 12

Attend the sporting events or special events of a friend's kids. (My friends Rebecca, Connie, and others have done this often, and it always makes my heart swell!)

day 13

Take a meal to a friend in need. Perhaps she's had a baby, moved to a new house, undergone surgery, experienced illness, or suffered the loss of a loved one.

day 14

Set up a firepit in the front yard and invite your neighbors to join you for conversation and s'mores.

WEEK 3

day 15 - Pray

Lord, open my eyes to someone at _____ who needs a friend, and help my heart to want to cultivate a friendship with her.

day 16

Reach out to a friend to ask how you can pray for them today. Set aside time to intentionally pray for their request.

day 17

Be generous with your time by offering to help a friend with a task or project they're working on.

day 18

Ask a potential friend if she'd like to come over for coffee or coffee and a treat.

day 19

Initiate a get-together at a favorite location you and a friend enjoy, like a coffee shop, restaurant, or your favorite hiking trail.

day 20

Encourage a friend by expressing something you genuinely admire about them. This may be through a text, voice message, phone call, or letter.

day 21

Invite folks over for dinner and do what my friend Myquillyn taught me: keep the workload easy by making only two things. Let the other dinner items come from either the store or your guests.

WEEK 4

day 22 - Pray

Lord, if I'm looking in the wrong direction for friends, show me where I should look instead.

day 23

Sit somewhere new at church and introduce yourself to new folks.

day 24

Make plans to try something new together, like a class or hobby. Or share something new you've learned or are excited about and invite your friend to join you in trying it.

day 25

Remember an important date (like a birthday or anniversary) of your friend's, and celebrate it with her.

day 26

Send a text to a friend you haven't talked to in a while, letting them know you're thinking of them.

day 27

Invite a friend and her family to enjoy a weekly picnic lunch or dinner outside on a picnic blanket (we use an old, quilted bedspread for ours). Or pack a picnic lunch and enjoy it at a local park.

day 28

Set up a regular but rotating monthly calendar date to get together with a friend or friends for dinner at each other's house.

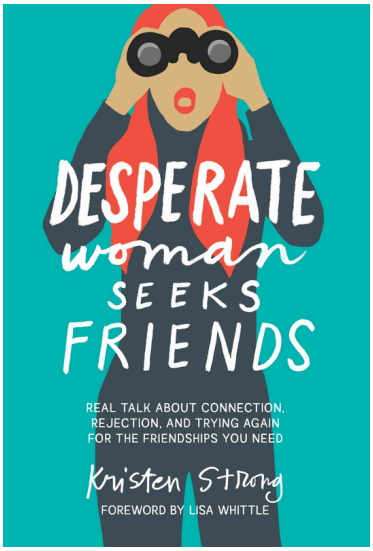
WEEK 5

day 29

Have a "favorites swap" where you gather with others to share and try each other's favorite foods, snacks, or drinks.

day 30

Take time to write down or journal everything you've experienced over the last 30 days. It does a heck of a lot of good to reflect on these prayers and moments with friends—both new and old—and trace the legacy of God's faithfulness in your life. When discouragement comes knocking, look back on this challenge to show your future self all the ways God spoke to you and showed up for you in the past. Therefore, you'd better believe He'll do so again.



BOOKS ARE BETTER WHEN SHARED! IF THIS ONE HAS ENCOURAGED YOU, I INVITE YOU TO SHARE IT WITH SOMEONE WHO NEEDS IT.