

Your 'I Need New Friends' Starter Pack

A not-boring guide to finding real friends (and being one too)

So, you're in a friendship rut...

Maybe your bestie moved away. Maybe you've realized your current "friends" aren't exactly your people (like, how many more times are you going to pretend to enjoy group texts about things you don't even care about?). Or maybe you're just feeling kinda... meh about your social life lately.

Here's the good news: You don't have to stay stuck. Friendships aren't magical unicorns that show up when you least expect it — **they're built**. Which means you can do something about it. And you don't have to fake being someone else to find your people. In fact, being you is your greatest asset.

This isn't a cheesy "just be yourself and everything will work out" kind of thing. This is a 4-step roadmap that helps you figure out who you are, what you value, and how to find people who actually get you — without selling your soul in the process.



STEP ONE: GETTING TO KNOW YOU

(Yes, you. You're kind of a big deal.)

Before you can find the right people, you've gotta know who you are. Otherwise, you're just collecting random people like mismatched socks. (Cute, but not useful.)

Quick Check-In:

- **What are your hobbies/interests?**
 - (Even the weird ones. Especially the weird ones.)
- **What are you really good at?**
 - (Think: strengths, talents, or stuff your friends or family say you're the go-to person for.)
- **What kind of friend do you want to be?**
 - (Funny? Loyal? Always down for late-night deep talks and Taco Bell?)



➡ **Activity:** Quick Questionnaire

1. What's something you could talk about forever and not get bored?

(Examples: anime, soccer, music, conspiracy podcasts, climbing stuff, baking...)

2. What's your idea of a fun hangout?

- a. Deep talk over snacks
- b. Exploring somewhere new
- c. Playing a game or sport
- d. Doing something creative or chill

3. What are you really good at?

(You don't have to be #1 in the world — just something people say you're awesome at.)

4. What kind of friend do you want to be?

Check all that feel like you:

- ☐ The hype friend
- ☐ The chill, go-with-the-flow friend
- ☐ The deep convo friend
- ☐ The loyal, always-there friend
- ☐ The comic relief
- ☐ The advice giver
- ☐ The “let's go do something” friend

5. What makes you feel most like yourself?

(Think: places, people, or things you do that make you feel relaxed, confident, or happy.)

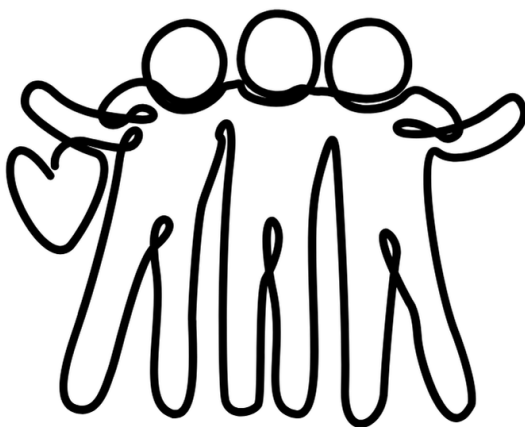
STEP TWO: WHAT ARE YOU LOOKING FOR IN A FRIEND?

(No, your soulmate BFF doesn't have to check every single box.)

It's not needy or picky to want real, solid friendships. It's smart. Good friends should feel like a safe place — not a group you have to impress 24/7.

Let's be honest. Sometimes we expect one friend to be *everything* — the deep talker, the meme sharer, the hype queen/king, the secret keeper, the ride-or-die, the spontaneous road tripper, the study buddy... you get it. And while that sounds amazing, most people just aren't built like that (and that's okay!).

Instead of looking for **the perfect friend**, think about what types of friends you'd enjoy having in your life. It's totally normal (and actually pretty awesome) to have a variety of friendships for different parts of your life — your school friends, your soccer squad, your chill neighbor friend, the person you send 100 TikToks to daily, your deep-feels person, etc.



➡ **Activity:** The “What I’m Looking For in a Friend” Wishlist

Instructions: Put a  next to the qualities that sound like a *yes please!*

You can also circle your **top 5 must-haves** — your personal non-negotiables.

Friend Wishlist — Girl Version

Friends who...

- are down for spontaneous adventures
- share similar hobbies or interests
- love chill one-on-one hangs
- like being part of a girl squad
- are comfortable going deep emotionally
- keep things light and funny
- get excited about the same shows/music
- don't talk behind people's backs
- like big friend group energy
- prefer smaller, close-knit groups
- show up when it counts
- will tell me the truth (even when it's hard)
- can have fun without gossiping
- hype me up when I'm feeling low
- like quiet hangs, reading, or journaling
- go on Target runs just for fun
- don't care about being popular
- do silly things without judging
- want to talk about real life, not drama
- are okay with silence sometimes
- support my goals and cheer me on
- don't judge me for being different
- respect my boundaries
- don't need constant texting to stay close
- enjoy girl talk and heart-to-hearts
- laugh at dumb stuff with me
- are kind to everyone, not just me
- don't expect me to be someone I'm not
- help me be a better version of myself
- pray with me or support my beliefs

Friend Wishlist — Boy Version

Friends who...

- are always down for pickup sports
- want to talk about real stuff, not just games
- share my sense of humor
- will chill and play video games with me
- like hanging out in groups
- enjoy one-on-one convos too
- respect people and don't put others down
- have my back in tough situations
- don't act fake just to impress others
- are okay with goofing off and being weird
- don't pressure me to be someone I'm not
- support me when I try something new
- challenge me to level up (in a good way)
- like the same sports/music/games
- don't start drama or act petty
- are reliable (show up when they say they will)
- talk about more than just girls/dating
- don't care about being "cool"
- are okay with losing a game (no sore losers)
- let me be quiet sometimes without making it weird
- will help me when I'm stressed or stuck
- like being active/outdoorsy
- aren't obsessed with clout or followers
- joke around without crossing the line
- don't make fun of people to be funny
- respect girls (and everyone really)
- can be serious when it matters
- check in when I'm going through stuff
- will mess around but also call me out if I'm being dumb
- encourage me to be a better man

Real Talk: No One Checks Every Box (And They're Not Supposed To)

Think of friendships like your playlist. You've got your go-to hype songs, your deep reflective ones, your chill background music, and your "guilty pleasure" bops. You don't need *one* song to do all of that — and you don't need one friend to either.

Some friends are your:

- **Study Mates** — help you get stuff done.
- **Neighborhood Besties** — down to hang anytime.
- **Squad Members** — bring the energy, the laughs, the wild ideas.
- **Deep Talkers** — help you figure out life.
- **Adventure Friends** — always down to go somewhere new.
- **Creative Nerds** — dream big, plan big, talk for hours.

Let your friendships be *diverse*. And give yourself the freedom to enjoy different connections without pressure to make one person be *everything*.



STEP THREE: PUT YOURSELF WHERE THE PEOPLE ARE

(...and no, we don't mean you have to suddenly become an extrovert.)

Okay, pause for a second.

You just created a **Friend Wishlist** full of awesome, specific things you're looking for. Soooo... now what?

Well, here's the truth:

Great friends rarely fall out of the sky and land on your couch mid-Netflix binge. You've got to **put yourself in places where the right people can actually find you** — and vice versa.

Here's the simple plan:

Take a look at what you circled on your wishlist.

Are you looking for friends who:

- love hiking? Join a school outdoor club.
- are into Marvel movies? Show up to the movie night your cousin invited you to.
- want deep convos? Say hi to that chill person who always reads alone before class.
- play sports? Go to tryouts, or even better — an open gym or pickup game.
- love art, music, anime, Godzilla memes? There's a group, class, or Discord server out there for that.

You don't need to become someone else.

You just need to start showing up in places where **you** already want to be — and then do the brave thing:

Say hi. Start a convo. Sit next to someone. Compliment their shoes. Ask what they're working on.

You're not just awkwardly putting yourself out there — you're **collecting data**.

Every person you meet is an opportunity to ask yourself:

“Do they check off one of the boxes on my wishlist?”

“Can I see this becoming a solid friendship?”

“How do I feel when I'm around them?”

Little by little, you'll start finding people who match what matters to you.

That's not random. That's **alignment**. And it starts with one choice: **Show up. Be open. Stay real.**



Need Ideas? Here's Where to Start:

Places to Meet Potential Friends:

- Join a school club (art, robotics, chess, anime, whatever)
- Go to open gym or a community rec center
- Attend youth nights, camps, or bonfires hosted by churches (even if you go just for the snacks and vibes)
- Attend school events even if you “don’t usually go to those”
- Try a local class (cooking, painting, dance, improv – awkward is part of the fun!)
- Get involved in a cause or event (charity run, school project, etc.)
- Start a neighborhood hangout (basketball in the cul-de-sac, movie night, sidewalk chalk art contest)
- Volunteer at a food pantry, animal shelter, park cleanup, or youth summer camp
- Go to local events like farmers markets, festivals, parades, or block parties and just start chatting
- Sit somewhere new at lunch
- Say yes to a group hang, even if you're nervous
- Get a part-time summer job at a smoothie shop, waterpark, or anywhere teens tend to hang out
- Host something simple yourself — a game night, s’mores night, or “everyone bring-your-own-blanket movie night” in your backyard

STEP FOUR: STAYING TRUE TO YOU + MAKING IT STICK

(No faking it, no shrinking down.)

Friendships that last are built on realness. That means staying true to what you value and not shape-shifting just to keep someone around. You're allowed to outgrow friendships that don't feel good. And you're allowed to keep growing, period.

Ask Yourself:

- Am I showing up in friendships the way I want to?
- Do I feel accepted for who I am?
- What's one way I can be a better friend starting this week?

➡ **Activity:** Your Friendship Goal

Based on everything you've discovered, write ONE thing you'll do this week to build or strengthen a real friendship.

This week, I will: _____

Because: _____

**You've got this! You're not too late. You're not too awkward.
You're not too anything.**

Making new friends can feel risky — but so is staying stuck. This is your permission slip to get curious, be brave, and start showing up in the world like you matter. Because you do. And somewhere out there, someone's waiting for a friend *just like you.*

