CHECKLIST · RELATIONSHIP

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Maintaining Friendships Through Life Changes



Adapting to life changes while maintaining strong friendships takes intentional effort. Use this checklist to stay connected with your friends.

10 steps | Print-ready A4

NAME	START	TARGET DATE

1 Acknowledge Life Changes

Discuss how major events (e.g., moving, marriage) may impact your friendship.

TIP *Be honest about your availability and any challenges you're facing.*

2 Schedule Regular Check-Ins

Set up calls, texts, or meetups to stay updated on each other's lives.

TIP *Use shared calendars to plan visits or reminders for check-ins.*

3 Adapt to New Communication Styles

Use different platforms, like social media or video calls, to keep in touch.

EXAMPLE *Create a group chat for easy, ongoing conversations.*

PREVIEW



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