

CHECKLIST

sustainable friendship

1	Send a meaningful message
2	Plan a meet-up or virtual hangout
3	Send a hand-written note
4	Set up a Marco Polo video group
5	Schedule one physical trip together a year
6	Send enrichment suggestions (books/movies/tv)
7	Practice active listening
8	Express gratitude
9	Share something meaningful
10	Be a safe space for the dark and scary places