

# YOU-NICORN

## FRIENDS WORKSHEET

### How to use this worksheet

Below are 10 qualities that we want to increase in our lives. Think of friends who embody these qualities—really just the first person or people that come to mind when you read it—and write their name(s) down next to the item. If you can't think of anyone, leave that cell blank and make a mental note to find people who fit that quality. In Day 18 of ***YOU-NICORN: 30 days to find your inner unicorn and live the life you love***, we talk about how to bring more awesome people into your life.

Supportive of me pursuing my highest goals	
Makes and encourages healthy lifestyle choices	
Listens when I want to talk	
Handles problems and challenging situations in healthy, productive ways	
Laughs easily, warmly	
Is trustworthy and has integrity	
Embodies qualities I would like to possess	
Respects my time and interests	
Offers words of encouragement, rather than just sympathy, when I'm feeling low	
Is kind to strangers (particularly service staff)	