

THE FRIENDSHIP AUDIT



A Gentle, No-Guilt Check-In

From In Good Company

You spend your twenties collecting friends like they're going out of fashion. By 40, half your contacts are people you haven't spoken to in years, and the rest are people you talk to constantly but never actually see. That's not a personal failing. Most friendships don't end with a fight; they just quietly stop being fed.

Grab a coffee and answer honestly. No big talks required.

1. Who do I feel more like myself around, after we've hung out — not less?
2. Which friendships am I keeping out of habit, not desire?
3. Is there someone I keep meaning to message? What's actually stopping me?
4. Who would I call first if something wonderful — or awful — happened today?

Now, choose three.

Not everyone — just three people worth a small, no-guilt nudge this week. A text. A call. A coffee invite.

1. _____
2. _____
3. _____

REMEMBER

Outgrowing a friendship isn't the same as failing one. Most don't end with a bang, they just quietly stop getting fed. This audit isn't about cutting anyone off. It's about noticing where your energy goes, and making sure some of it reaches the people who truly light you up.

Because life is better in good company.
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