

# friendships plugged-in

**These “challenges” are meant to give you ideas about how you can continue investing in your community and plugging in to the people around you! Complete as many as you can until October 18th to win prizes, and think about how you can be intentional in your friendships.**

*(See example challenge tracker under list)*

1. Put a friendship on autopilot (schedule reoccurring get-togethers with a friend...like lunch every Thursday at Noon). Put it in your calendar!
2. Revisit photos of a memory with a friend (in person or via text)
3. Take an emotional risk (open up to someone about how you are really doing)
4. “Repot” a friendship (connect with a friend from one circle in another one, like inviting a friend from church to dinner with your school friends)
5. Go to lunch with someone after Chapel and debrief the message.
6. Attend a hall event hosted by your RA!
7. Invite a friend to get coffee with you at Ground Floor.
8. Go play the Frisbee Golf course on campus with a friend.
9. Schedule a 1:1 with your RA.
10. Have a quick chat with your RD, take a selfie with them!
11. FaceTime with someone from back home.
12. Attend a Dorm building event.
13. Commuters! Attend an on-campus event!
14. Go support a friend in something they are doing (attending their soccer game, or visiting their art gallery)
15. Have a movie night and watch your friend’s favorite movie.
16. Schedule a phone call with your sibling.
17. Show us a picture of your SMLT Fall Break trip!
18. Show us a picture of your Fall Break trip with friends!
19. Have a board game night with some friends.
20. Ask a friend to teach you one of their hobbies.
21. Commuters! Study with/grab lunch with a friend on campus after classes.
22. Go to lunch with someone from your O Group or your Gateway class (extra point if you are not a Freshman!)
23. Instead of just saying hi to a friend when you see them, pause and get a high & a low from their week.
24. Cross-cultural friendship - have a conversation with someone from a different country and ask what they love about where they are from.
25. Cross-generational friendship - Chat with a professor about their week and how they are doing.
26. Write a friend an encouraging note telling them what you appreciate about their friendship.
27. Invite a new person to church with you.
28. Make a snack or treat for a friend.
29. Do something kind for a friend anonymously.
30. Be the one to invite – schedule a time to hang out with a friend. Be specific about time & place!

Fill in the tracker with the number (1-30) of the activities you complete from the list of challenges. Every 5 gets you a prize! Bring your cards to the CHR office until October 18th to claim your prizes!

The graphic features the title "friendShip challenge tracker" in a colorful, playful font. Below the title, an orange location pin icon with the text "START HERE" is positioned to the left of the instruction: "Fill in the tracker as you complete the challenges. Win a prize for every 5 challenges you complete!".

The tracker itself consists of two horizontal rows of chevron-shaped boxes. The top row has five yellow boxes containing the numbers 11, 3, 20, 7, and 12, followed by five empty light orange boxes. A blue ribbon with the word "CANDY" is attached to the end of this row. The bottom row has five light blue boxes, followed by a yellow t-shirt icon with "CHR" written on it, and then five empty light purple boxes. A gift card icon with a coffee cup and the words "GIFT CARD" is attached to the end of this row.