

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 8th 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 pickleball 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, visiting their gallery)
15. Have a movie night and watch your friend’s favorite movie.
16. Schedule a phone call with your sibling.
17. Host a board game night with some friends.
18. Ask a friend to teach you one of their hobbies.
19. Commuters! Study with/grab lunch with a friend on campus after classes.
20. Go to lunch with someone from your O Group or your Gateway class (extra point if you are not a Freshman!)
21. Instead of just saying hi to a friend when you see them, pause and get a high & low from their week.
22. Cross-cultural friendship - have a conversation with someone from a different country and ask what they love about where they are from.
23. Cross-generational friendship - Chat with a professor after class about their week and ask them how they are doing.
24. Write a friend an encouraging note telling them what you appreciate about their friendship.
25. Invite a new person to church with you.
26. Make a snack or treat for a friend.
27. Do something kind for a friend anonymously.
28. Be the one to invite – schedule a time to hang out with a friend. Be specific about time & place!
29. Cook a meal with someone!
30. Invite someone you’d like to get to know better to Ground Floor and pay for their coffee.
31. Invite someone to the Gathering with you and then ask how you can pray for them afterwards.
32. Go play the frisbee golf course with at least one other person! (You can borrow frisbees from WLHC & course starts next to the tennis courts!)

Fill in the tracker with the number (1-32) of the activities you complete from the list of challenges. Every 5 gets you a prize! Bring your cards to the CHR office until Thursday, October 8th to claim your prizes!

