



August 2024 Masterclass

HOW TO CULTIVATE
RELATIONSHIPS IN A
BUSY SEASON

HOUSEKEEPING



PLEASE MUTE
YOURSELF UPON ENTRY



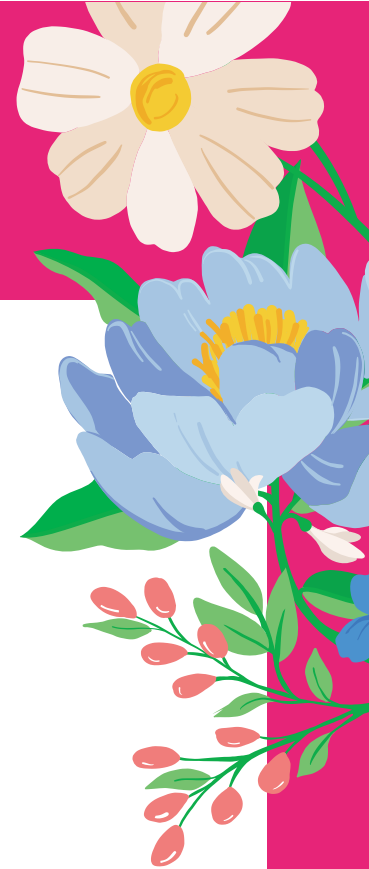
USE THE CHAT



REPLAY WILL BE SENT THROUGH
EMAIL AND UPDATED IN YOUR GSP
LIBRARY



JOIN OUR FACEBOOK
GROUP HERE!





What qualities do you
look for in a friend?



WHY ARE
RELATIONSHIPS
IMPORTANT?



Big Rocks | FranklinCovey

Stephen R. Covey demonstrates how a paradigm shift can help you achieve the big things on your to-do lists while managing the little things.

 Franklin Covey



CULTIVATING CURRENT
FRIENDSHIPS IN
A BUSY SEASON

Be Honest



WORKBOOK PAGE 3



What will matter the most at the end of your life?

A large grid of dots for writing, framed by a decorative border of pink and yellow flowers.

"In life, we weep at the thought of death. In death, perhaps we weep at the thought of life." - Marilyn Monroe



My biggest tip for building a really fruitful relationship is don't hide your weaknesses. Stay humble and soft, and admit when you're wrong. Ask for correction and ask for help. Say you're sorry and grow. I cannot think of a better way to build a crazy intimate and fruitful relationship besides being real and being honest about who you are and what you need.



JESS CONNOLLY
@JESSACONNOLLY
JESSCONNOLLY.COM

*Make the most
of your time*



Listen to hear not to respond.

According to the Gospels, Jesus asked 307 questions but only answered three of the 183 questions he was asked. This means that for every question he answered directly, he asked about a hundred more.

WORKBOOK PAGE 5



IDEAS OF QUESTIONS TO ASK TO DEEPEN CONVERSATION:

Blank space for writing ideas of questions to ask to deepen conversation.

What are some things I already do that I could invite someone to join in?

Blank space for writing answers to the question: "What are some things I already do that I could invite someone to join in?"

Use your
pockets of time



WORKBOOK PAGE 4



When do you have pockets of time you could use to connect with the people in your life?

Brainstorm some goals that would help you make quick connections.

*Schedule time
on your calendar*





CARRIE MCQUAID
@CARRIEGRACESHOP
CARRIEGRACESHOP.COM

Just spend time with someone. There isn't a greater gift than investing in someone else and listening to their interests. We often glamorize things and make things Instagram-worthy, but I often find the best conversations are ones that could never fit into a square. They are conversations filled with swapping stories and laughing over a warm drink. I also think it's important to follow up with people and continue to spend time with them. It is easy to hide behind the word "busy," but making time for people is what leads to fruitful friendships.

*Invite people to join
you in something you
already do.*



WORKBOOK PAGE 5



IDEAS OF QUESTIONS TO ASK TO DEEPEN CONVERSATION:

Blank space for writing ideas of questions to ask to deepen conversation.

What are some things I already do that I could invite someone to join in?

Blank space for writing answers to the question: "What are some things I already do that I could invite someone to join in?"

Use your
dinner table



*Utilize
standing dates*



Set aside a dedicated “date time” time far in advance. I like to say, “if it isn’t on the calendar, it doesn’t exist.” Dates are needed not just for spouses, but also for friendships and family.

AMBER HOUSLEY
@AMBERHOUSLEY
AMBERHOUSLEY.COM



Write important dates
in your calendar



Plan group events



*Replace shows/social
media with connection*



*Prioritize
relationships
seasonally*



WORKBOOK PAGE 6



FRIENDSHIPS I WANT TO TEND TO

A FRIEND I WANT TO TEND TO

IDEAS TO TEND TO THEM

A FRIEND I WANT TO TEND TO

IDEAS TO TEND TO THEM

A FRIEND I WANT TO TEND TO

IDEAS TO TEND TO THEM

A FRIEND I WANT TO TEND TO

IDEAS TO TEND TO THEM

USE THE WILDCARD BELOW in your PowerSheets or wherever they're most helpful to keep taking small steps forward each month!

FRIEND FAVORITES

A little survey done in advance will pay dividends in loving on your best gals! Collect their favorites on this page, then surprise them with a pick-me-up when they need it most!

NAME: _____ BIRTHDAY: _____
 COLOR: _____ COOKIE VARIETY: _____
 FLOWER: _____ ICE CREAM FLAVOR: _____
 T-SHIRT SIZE: _____ SAVORY SNACK: _____
 ENNEAGRAM: _____ MEAL: _____
 ALLERGIES: _____ PIZZA TOPPING(S): _____
 CANDY: _____ COFFEE/TEA ORDER: _____

NAME: _____ BIRTHDAY: _____
 COLOR: _____ COOKIE VARIETY: _____
 FLOWER: _____ ICE CREAM FLAVOR: _____
 T-SHIRT SIZE: _____ SAVORY SNACK: _____
 ENNEAGRAM: _____ MEAL: _____
 ALLERGIES: _____ PIZZA TOPPING(S): _____
 CANDY: _____ COFFEE/TEA ORDER: _____

NAME: _____ BIRTHDAY: _____
 COLOR: _____ COOKIE VARIETY: _____
 FLOWER: _____ ICE CREAM FLAVOR: _____
 T-SHIRT SIZE: _____ SAVORY SNACK: _____
 ENNEAGRAM: _____ MEAL: _____
 ALLERGIES: _____ PIZZA TOPPING(S): _____
 CANDY: _____ COFFEE/TEA ORDER: _____

NAME: _____ BIRTHDAY: _____
 COLOR: _____ COOKIE VARIETY: _____
 FLOWER: _____ ICE CREAM FLAVOR: _____
 T-SHIRT SIZE: _____ SAVORY SNACK: _____
 ENNEAGRAM: _____ MEAL: _____
 ALLERGIES: _____ PIZZA TOPPING(S): _____
 CANDY: _____ COFFEE/TEA ORDER: _____

FOR PERSONAL USE ONLY | LARA CASEY MEDIA | CULTIVATEWHATMATTERS.COM #POWER SHEETS

CULTIVATE WHAT MATTERS | CULTIVATING FRIENDSHIPS

YAY!

THIS PLACE FOR STAMPING YOUR NAME

I AM SO
GRATEFUL
 FOR YOU

THIS PLACE FOR STAMPING YOUR NAME

Kindly deliver to the AMAZING:

www.cultivatewhatmatters.com

Kindly deliver to the AMAZING:

www.cultivatewhatmatters.com

CONVERSATION STARTERS

<p>♥</p> <p>What is the very best part of the holidays to you?</p>	<p>♥</p> <p>If you were given \$1000 to help other people, how would you spend it?</p>	<p>♥</p> <p>What has been one of your happiest memories this year?</p>	<p>♥</p> <p>How have you changed in the past year?</p>
<p>♥</p> <p>What are your favorite simple joys?</p>	<p>♥</p> <p>What do you want to cultivate more of in the next year? What do you want to cultivate less of in the next year?</p>	<p>♥</p> <p>What is your favorite way to rest?</p>	<p>♥</p> <p>What are your top three favorite books, movies, or TV shows?</p>
<p>♥</p> <p>Who do you consider a mentor, whether you've ever met or not?</p>	<p>♥</p> <p>What is something random that you are really good at?</p>	<p>♥</p> <p>What is your definition of success?</p>	<p>♥</p> <p>What was your very first job?</p>
<p>♥</p> <p>Do you identify more with FOMO (the Fear of Missing Out) or JOMO (the Joy of Missing Out)?</p>	<p>♥</p> <p>If money was no issue, what job or hours would you work?</p>	<p>♥</p> <p>What is one of your favorite holiday traditions?</p>	<p>♥</p> <p>If you could relive one memory, what would it be?</p>



Q & A +
BREAKOUTS