



# BEFRIEND YOU, BEFRIEND THEM

with

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@LIFECOACHJEWEL

**Dear friend,**

I spent years of my life wishing I was someone else; someone with a different brain and more worthy abilities. Someone who people loved and someone who felt confident. I would spend my time daydreaming about a different life and Netflixing away my reality. I often felt lonely. I often tried to be what I thought other people would like.

I coach now because I want to help as many people as I can break out of this. I have worked under coaches with amazingly high success rates (Brooke Castillo, Stacey Boehman, Erin Aquin, and Shasta Nelson) to find the most effective ways to manage my mind, create fulfilling connections, and create a life that I am so proud of. It is so incredibly possible to enjoy being who you are and create the friendships of your dreams. If I could do it, you for sure can too. I make sure my clients walk away with the ability to manage their minds, so that they can have the confidence, self-love, and connections they desire.

Now I want absolutely nothing more than to help you have the same.

Love,  
*Jewel*

My brain use to tell me, **"If I am good enough, perfect enough, if I do and say all the right things, THEN I will be loved and valued. Then people will have to love me and and I will never be lonely."**

This is a **LIE**.

It is **NOT** possible to become perfect enough to be loved by everyone.

**It IS possible to love yourself and value yourself, and then create fulfilling relationships.**

**The more you love and accept you, the more you will be able to accept and feel love with others.**

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# SELF-FRIENDSHIP INVENTORY

## Answer These Questions:

Are you making the feeling of loneliness mean something about you? If so, what?

Example: "This loneliness means something is wrong with me." or "If I was more fun then I would have been invited and wouldn't be feeling this".

How will you treat yourself the next time you feel lonely? What would love do?

HINT: It won't feel like pity or self-judgement.

What can you fully own about you?

When we own all of us, we can present all of us to others. Examples: "I own my loudness." "I own my desire for deeper conversations."

Why would you want to be friends with you? Why do your friends want to be friends with you?

# FRIENDSHIP INVENTORY

## Answer These Questions:

What is working about your current friendships?

Before we go looking for where we are hungry, we must look at where we are full.

How would my friendships change if I believed disappointment, frustration, and awkwardness would be a part of having friends?

What isn't working about your current friendships? What do you want more of?

How will you take full responsibility for your half of what isn't working? What you do this week to improve your friendships?

*Your commitment will*

# CREATE YOUR RESULTS

## WHY THIS WORK:

Why is befriending you important? Why is having fostering your friendships important to you? Important to the overall view of your one and only life?

## CONTRACT WITH YOURSELF:

Write a promise to yourself for doing this work.

(The more emotion the better! Then post this contract up where you will see it everyday [like on your closet].)

**I am making a promise to myself that I will do this work to the best of my abilities.**



Make this contract official and sign the dotted line!