

The Life Council

10 Friends Every Woman Needs

LAURA TREMAINE

Author of Share Your Stuff. I'll Go First.

A PDF COMPANION TO THE AUDIOBOOK

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The Life Council

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Requests for information should be addressed to:

Zondervan, 3900 Sparks Dr. SE, Grand Rapids, Michigan 49546

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Discussion Guide

Part I: The Most Important Relationship

How do you feel about deeming friendship the “most important relationship” in our lives?

What did you learn about friendship when you were young?
Have those ideas served you in adulthood, or do they need reexamination?

Share a story about a friendship from your childhood.

Try to recall a time when you were hurt by a friend and ask yourself if that experience shaped the friendships that followed.

What have your friendships looked like in the past few years?
What relationships are fulfilling, and what areas feel lonely?

Do you have any friendship philosophies?

Reminder that my five friendship philosophies are:

Friendship Is a To-Do

Believe the Best

Just Go

Like Every Selfie

Your Spouse Is Not Your Best Friend

Did you have a strong reaction (positive or negative) to any of the friendship philosophies I shared?

Part II: The Life Council

Does the idea of having a Life Council resonate with you?

Which of the Life Council members were you able to easily identify in your life?

Which of the Life Council members do you feel you lack?

Which of the Life Council members do you think you are on your friends' Life Councils?

Is there a position you would add or delete from the Life Council I've described?

Part III: What I've Learned About . . .

When is the last time you made a new friend?

Have you ever made a friend online or in an unconventional way?

Do you feel more connected in friendship groups, or do you prefer one on one relationships?

What are your friendship pain points?

What advice would you give to your younger self about friendship?

How can you be a good friend and foster healthy friendships going forward?

For more resources, go to www.TheLifeCouncilBook.com.