

E4

WHYZMEN • OPTIONAL CARD • SESSION 10

The Recipe

Use it when... *planning your friendship week, month and year.*

“Let us not give up meeting together ... but let us encourage one another.”

Hebrews 10:25

Friendship isn't luck. It is hours on a calendar. It takes about **50 hours** to make a casual friend, **90** to make a friend, and **200 or more** to make a close friend.

RHYTHM	THE TO-DO
Every week	One touch per man in your five: a text, a call, the porch. Plus one shoulder-to-shoulder hour.
Every month	Your triad meets. One invitation goes out to a man in your fifteen.
Every quarter	Host one thing for six to twelve men.
Every year	Reread your five. Go one rung deeper with one man. Review your triad charter.

A monthly dinner alone takes about eight years to make a close friend. Add one shared activity in between.

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WHAT KEEPS A MAN CLOSE

YOUR...	WHO	KEEP IN TOUCH
Five	The men you would call at 2 a.m.	About once a week
Fifteen	People whose loss you would grieve	About once a month
Fifty	The cookout, the ball game, the serve day	About twice a year

A friendship that doesn't get its time drifts one layer outward within months.

MY RECIPE

My five: _____

This week's touch: _____

This month's invitation: _____

This quarter I will host: _____

THIS SKILL'S PRACTICES S10 Shoulder to shoulder • S13 Keep a small promise

More in the Toolkit: 5 • Build & Host • 6 • Take Stock
Jeffrey Hall (2019) on the hours friendship takes; Robin Dunbar, Friends (2021); Kat Vello, We Should Get Together (2020).
WhyzMen • Rewire Retirement • Card E4 • r1 • Optional • handed out at Session 10

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