

# What are friendship goals? How to make the best of your besties

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## **Jump to section**

[What are friendship goals?](#)

[Why are friendship goals important?](#)

[The many types of friends](#)

[How to achieve friendship goals](#)

[Examples of friendship goals](#)

[Never underestimate the importance of true friendship](#)

If you're here, you might be wondering, "What are friendship goals?" Maybe you want to make more new friends because you just moved to a new city. Or, you could be trying to figure out how to deepen the relationships you already have. Either way, friendship goals can help.

Take a moment to think of your favorite memory with your best friend. These memories make life special. However, [being a good friend](#) can be time-consuming. As you enter adulthood, relationships that were easy when you were younger are more difficult to maintain.

Your schedule might get booked with work, family obligations, or household chores. Not to mention, somehow [fitting in self-care](#). With all this on your plate, spending time with friends requires effort, planning, and communication.

While it seems like a lot of energy, strong friendships are crucial for maintaining [your social health](#). Health is multifaceted — it's not just about [your physical well-being](#). In fact, human beings *need* [meaningful connections](#) to stay healthy. We all need our friends for advice, support, and fun.

If you don't focus on your friendships, you could find yourself in [social isolation](#). That can have [dangerous effects on your well-being](#). With the [potential increase in our levels of loneliness since the COVID-19 pandemic](#), you can see why your social health needs to be a priority.

If [you're feeling lonely](#) or just too busy for your friends, you may need to set some friendship goals. Goals have the power to help you make positive changes in every area of your life, and your social life is no different.

But what are friendship goals? What are some examples? And how can you set and achieve them?

We have all the answers you need, so let's dive in.

## What are friendship goals?

Friendship goals are goals you set for yourself as a way to improve your current relationships and build new ones. These goals will lead you to [create a plan](#) to actually accomplish what you want from your social life, rather than aimlessly hoping for change.

For example, if you're already part of a tight-knit group of people, you might set goals to spend more time together. Or, if you just moved to a new city, your goal might be to [find new friends](#) with whom to plan activities.

These relationship goals work in tandem with other aspects of your life. This includes your values, beliefs, [personal goals](#), [financial goals](#), [career goals](#), and fitness goals. They all work together to help you grow as your Whole Self.

## Why are friendship goals important?

Once you know what friendship goals are, you might be wondering why you should bother with them. Here are some benefits to consider.

### 1. You'll feel more satisfied with your friendships

[Having a vision](#) for your relationship will help your mental health and well-being — good friendships are shown to [increase your sense of belonging, self-confidence, and self-worth](#). That means that when you achieve your friendship goals, you'll feel much more satisfied with your friends and your life as a whole.

### 2. You'll forge deeper connections

Friendship goals will help you nurture and [improve your current relationships](#). They'll lead you to plan meaningful activities and build new memories together. That will give you more time and more reasons to get to know each other better. Ultimately, [these deep connections](#) are the ones that will be there for you when hard times come, just as you will be for them.

### 3. Your current plans will be more meaningful

If you've ever planned a dinner party, gone on a group trip, or organized a party, you set a friendship goal and achieved it. But goals are so much more than that. When you're conscious of your friendships and what you want to achieve, the world will open up to you. Do you really want to save up for a solo trip to France, or do you want to plan that trip with your roommates from college?



## The many types of friends

You'll likely have different goals for different types of friends — and that's normal! You have a unique relationship with each, so your goals will differ based on how you interact with them.

Here are the common types of friends you might have in your life. Think about your relationships to see where people fit and what role they play in your life. You can also consider whether you'd like to try to change the nature of those connections.

### 1. Your go-tos

These are the folks you call first when you want to hang out. They're the first people you tell about good news, and they're always there when times are tough. People in this group are who you want for the rest of your life.

These strong friendships are rare, so at least one of your goals should focus on showing them gratitude. You might also try to improve communication, have deeper conversations, or clarify boundaries if you need some space. Think about what you need from them and what you can give.

### 2. The in-betweens

These friends exist in that ambiguous space between “I want to keep them around” and “I don’t want to spend a lot of time with them.”

As you think through your goals, consider whether you want to deepen your connection with any of these individuals. If not, you might need to let them go in order to focus on the friends you really want in your life. This is your chance to evaluate your relationship with these people.

### **3. The loose connections**

These are relationships that have a minor impact on your life. Maybe they’re a gym buddy or [someone you attend concerts with from work](#). Perhaps you just like each other’s posts on social media and text every once in a while.

They’re fun to be around, but you probably only have one thing sustaining the relationship — maybe it’s Instagram, a mutual friend, or the fact that you live in the same neighborhood.

This person could also be an old friend. Maybe you were close in high school. But as you grew older, you went your separate ways and no longer shared the same interests. If these individuals aren’t adding value to your life, you might consider focusing your energy on your other friends.

## **How to set friendship goals**

You can already see how different friend types will require different goals. You have the power to decide the future of these relationships.

Here are some tips to guide you as you set your friendship goals.





## 1. Look for what makes a true friend

Make sure you understand the difference between bad and good friends. Your friends should:

- Be there when you need them
- Talk the talk and walk the walk
- Be trustworthy
- Communicate well
- Be non-judgmental
- Remember the little things that matter to you

These qualities are key to long-lasting friendships.

## 2. Don't compromise on your values

It's important to find friends who share your beliefs and values. You're bound to disagree on some things, and that's okay. But it's challenging to support someone against everything you stand for.

Make sure that whatever your friendship goals are, you feel respected. Anyone who pressures you to change your core values or beliefs is a bad friend.

## 3. Know what you want from your friendships

When you know [who you are](#) and [what you want](#), you'll find people who share your goals and values. This common ground is a great place to start a friendship from.

For example, if you're an introvert who prefers quiet activities, you'll want friends who respect your space and won't drag you to noisy venues. Or, if you love to go to the gym, you can probably find your new besties at your evening workout class.

#### **4. Make choices about the people in your life**

Think about your friends, their type, and whether you want to change your relationship with them.

You can promote someone to your go-tos or remove someone who drains your energy. Your goals should maximize your good friendships and minimize the bad ones. Identifying if anyone has [toxic traits](#) will help you decide who should stay and who should go.

### **How to achieve friendship goals**

[Like all goals](#), you should approach your friendship ambitions with the [SMART method](#). This is an acronym for goals that are:

- Specific: you have a clear idea of what you want to accomplish
- Measurable: you'll be able to know when you've achieved your goal
- Achievable: you can complete your goal with the resources you have
- Realistic: your goal fits within the context of your [life and purpose](#)
- Time-bound: you have a clear deadline for your goal

Keep the SMART method in mind as you create your best friends goal list.

### **Examples of friendship goals**



Now that you can answer the question, “what are friendship goals?” you might not know where to begin. We put together this list of friendship goals to help you out. Take a look at these examples and start working towards your friendship goals today.

### **Best friend goals**

These are goals for people you consider your BFFs or whom you want to become your close friends:

1. Be more compassionate and understanding
2. Tell them more about you
3. Schedule regular time together
4. Keep in touch over long distance with regular phone calls or video chats
5. Have open and honest conversations about how you’re feeling

### **Adventure goals for your friendships**

Here are some bucket list adventures you might want to experience with your friends. These can bring you closer together:

1. Take a road trip across the country
2. Become roommates in a new city



3. Go skydiving

### **Friendship-related fitness goals**

You might have met some people at the gym or want to exercise with your current friends. Working on mutual goals can bring you closer together. Here are some friendship goals for staying fit:

1. Run a half-marathon together
2. Hit the gym three times a week for a month together
3. Compete on the same team in an amateur soccer league

### **Book club goals**

If you're part of a book club with your friends, try out these goals. They can help you learn something about each other.

1. Read an entire series, then watch the movies from that franchise
2. Take turns reading books that were important in one of your lives
3. Challenge your friends to write a one-page personal essay about a book



### **Spiritual/religious friendship goals**

You might have friends based on faith or religious practice. Here are some goals that can reinforce your relationship.

1. Raise funds for your [religious community](#)
2. Discuss your faith to discover what you believe

[Practice meditation](#) together and share your experience

## Workplace friendship goals

It's common to [have a best friend at work](#), or at least someone you can count on being in meetings with each week. In fact, strong workplace relationships are [proven to increase job satisfaction and productivity while lowering stress and turnover](#).

[A Gallup survey](#) showed that 84% of American employees don't feel a job can be great unless they have great workers. Plus 67% of those surveyed have at least one close friend in the workplace. It's no wonder that [having a best friend at work improves engagement](#).

If you haven't clicked with anyone on your team yet, Here are some goals to [build trust with your colleagues](#):

1. Go out for drinks after work or have virtual happy hours to connect
2. Host them at your house for a dinner party
3. Have each other's back in the office — don't gossip
4. [Find common ground](#) and shared interests to talk about on your coffee break
5. Suggest a meet up outside of work or on the weekend

## Never underestimate the importance of true friendship

Let's come back to where we began: What are friendship goals? That depends on who you are and the friends in your life. Your goals will vary based on your values, existing relationships, and with whom you want to spend time.

The main lesson here is that you have to be intentional. Setting goals for your relationships requires you to know what you want so that you can make changes accordingly. You can't expect to have authentic friendships if you aren't your [authentic self](#).

You might need to show gratitude to the people you love, make more time for your bestie, or drop the friends with whom you no longer connect. No matter the case, friendship goals will help you achieve what's best for you.

If you need more help with your relationships, [BetterUp is here](#). We can give you the tools you need to [stay socially connected](#) and share your best self.

## What does *marital status* mean?

When you see **marital status** on an official form or application, they usually want to know if you are **married** or **single**.

However there is a lot more English vocabulary associated with marital status and relationships that we use in everyday life. Let's look at some of the most common relationship vocabulary used in English.

### To be + Single

**Single** = you don't have a boyfriend / girlfriend / husband / wife / partner. A person that has no romantic relationship with another person.

**Single** is used for a **boy/man** and a **girl/woman**.

- I am **single**.
- You are **single**.
- He is **single**.
- She is **single**.
- They are **single**.

### Boyfriend or girlfriend?

A **boyfriend/girlfriend** is a person you have a romantic relationship with. It is not a legal relationship, you are not married.

**Boyfriend** is used when a person has a romantic relationship with a **boy** or a **man**.

**Girlfriend** is used when a person has a romantic relationship with a **girl** or a **woman**.

We use: **to have a boyfriend** or **to have a girlfriend**

- I have a **girlfriend**.
- She has a **boyfriend**.
- He doesn't have a **girlfriend**.

We **don't** say: I have a *manfriend* or a *womanfriend*. Older people sometimes use the word **partner** instead.

The next stage after being boyfriend or girlfriend for some time, is **to be engaged**.

### Be + Engaged

**To be engaged** = you have made a promise/commitment to marry someone.

- I'm **engaged**. (I have made a commitment to my partner and we will get married)
- They are **engaged**. (Yes, they plan to get married in the future)

Usually one of the two people in the couple **proposes** to the other person. Traditionally, **to propose** (verb) is when a person gets down on one knee and says to their partner: **Will you marry me?**

- He **proposed** to me last night and I said yes.

(We are now engaged)

Sometimes this **proposal** (noun) happens in a special place or a romantic environment. Has someone ever proposed to you? How did it happen? Let us know in the comments below.

### **What is the name of the person you intend to marry?**

The person you are engaged to or who you plan to marry is your **fiancé** (man) / **fiancée** (woman)

Yes, these two words come from French. **Fiancé** and **Fiancée** are pronounced the same.

We say: Have a + **fiancé** / **fiancée**

- I have a **fiancée**.

*(my partner is a woman and we plan to get married)*

- I have a **fiancé**.

*(my partner is a man and we plan to get married)*

And then...

## **Be + Married**

The next stage of a relationship is being **married**.

**Married** means you have a legally or formally recognized union with your husband or wife.

We use: **To be + married**

- I am married.
- We are married.
- He is married.
- She's married.

### **MARRIED + TO + PERSON**

If you want to specify the person you are married to, we use: **married + to + person**

- I am **married to** Angelica.
- She is **married to** Paolo.
- He is **married to** a teacher. (It doesn't always need to be the name of the person)

You don't say: married *with*

- He is married *with* Veronica. (Not correct)
- He is married **to** Veronica. (Correct)

### **MARRIED OR MARRIAGE?**

What is the difference between **married** and **marriage**?

**Married** is an adjective.

**Marriage** is the noun.

- They have a happy **marriage**.
- Their **marriage** is on the rocks. (This means it is in trouble, like when a ship is on the rocks, there is serious danger of the ship sinking)

What do you think is the secret to a happy **marriage**? Let us know in the comments section below.

### **HUSBAND OR WIFE**



And now that you are married, you have either a **husband** or a **wife**.

The **man** you are married to is your **husband**.

The **woman** you are married to is your **wife**.

- My **wife** is from Chile.
- Her **husband** is a teacher.

In the wedding ceremony they usually say:

I now pronounce you **husband** and **wife**.

Did you know that the plural of **wife** is **wives**? Notice the change in spelling between the singular **wife** and plural **wives**.

- King Henry VIII had many **wives**. (Of course not all at the same time)

#### **WHAT DOES SPOUSE MEAN?**

Spouse = husband OR wife. You don't specify if you are married to a man or woman.

- I went to the concert with my **spouse**.

(I don't mention if I have a husband or a wife, just the fact that I am married and I went to the concert with him or her)

## **Have a + Partner**

- I have a **partner**.

I don't specify if my **partner** is a man or woman. You could be married or **not** married.

This is often used because some people don't like to use **boyfriend** or **girlfriend**, maybe because it sounds like something teenagers say. Or maybe it is used because they don't want to say whether the person they are with is a man or woman.

- I go to the beach with my **partner** every weekend.

*(I don't specify if my partner is a man or woman, if we are married or not.)*

## **The difference between spouse and partner.**

Both **spouse** and **partner** don't mention if the person is male or female.

**Spouse** means you are married.

**Partner** can mean you could be married or *not* married, you don't specify.

## **The Wedding**

The ceremony when you **get married** is called a **wedding**. Sometimes a wedding is at a church, sometimes in an office, sometimes at a beach. It depends on the person and their religion.

#### **BRIDE OR GROOM**

The people that are getting married at a wedding, during the actual ceremony, are either called a bride or groom.

- **Bride:** woman getting married at the wedding.
- **Groom:** man getting married at the wedding.

#### **BE MARRIED OR GET MARRIED**

What is the difference between BE married and GET married?

**To be married**, as in I am married, refers to your current marital status or relationship status. You are married or single.

**To get married** refers to having a wedding or ceremony to make your union legal or official. For example:

- **I am married** now. That is my marital status, I'm not single.
- **I got married** in 2002. Yes, that was the year of my wedding and when I legally become married.

## Not married now

As you know, marriage is not always like a walk in the park. No, sometimes it's like a walk in Jurassic Park so unfortunately, not all marriages last forever.

### DIVORCED

**Divorced** = I was married in the past but now I am **legally** not married.

- I am divorced.
- She is recently divorced.

The verbs that can be used are:

**To divorce / to get a divorce / to get divorced** = to go through the process of legally becoming NOT married anymore.

- We **divorced** after so many unsolvable problems.
- They are **getting a divorce**.
- He **got divorced** last year.

### SEPARATED

Sometimes a person has not completed the legal process of getting divorced but the couple are **not** living together now. In this case we use **separated**.

- I am **separated**. (I no longer live with my wife/husband)
- He's **separated**.
- She is a lot happier now that she is **separated**.

### WIDOW - WIDOWER

Sometimes you are married and then your husband or wife dies. When you haven't married again you are either a **widow** or a **widower**.

A woman says: I am a **widow**. (Typically means: My husband (partner) has died)

A man says: I am a **widower**. (Typically means: My wife (partner) has died)

So, are you single, engaged, married, separated, divorced, a widow... or all of the above?

# The Present Perfect Simple Verb Tense

## The Perfect Tenses

The opinion of many native and non-native English speakers is that the perfect tenses are far from being 'perfect'. They cause headaches for most people. On these pages, we will break the perfect tenses down into short sections that will make them easier to understand.

## Useful Tip

### Time Expressions in the Present Perfect

- Use since with a specific year or a [period](#) in the past > **since 2002 / since I was a child**
- Use for with a number of years > **for twenty years**
- Use ever and yet in questions and negatives > **Have you ever / hasn't been yet**
- Use already and never, just between have/has and the verb > **has already finished / have just been**
- Use before, since, for, already, many times, so far, yet at the end of a sentence or questions > Have you been there before?

The present perfect simple tense is used to Describe actions that occurred in the past but are still relevant to the present.

1. Rani **has broken** her arm. (She broke it in the past and can't use her arm now.)

Describe an action that started in the past but is still happening on a regular or habitual basis (like the present simple).

1. The girls **have played** tennis at the club since 2005. (They started to play tennis there in 2005 and still play there today. This does not mean they are playing tennis at the moment.)

Describe actions that were repeated several times in the past.

1. **I've already made** several calls. (Up until now)

The specific time in the past is unimportant, just the fact that it happened. Note: Time Expressions – Present Perfect NEVER use the same time expressions that you use in the past simple tense, such as: yesterday, a week ago, last night. You MAY use unspecific time expressions such as: ever, never, since, for, already, many times, before, so far, yet.

## The Typical Present Perfect Sentence

In order to form a typical sentence in the present perfect simple, choose a subject ((the person or thing that has done the action), add an auxiliary (or helping) verb: has or have + the V3 (past participle) form of the verb and then add the rest of the sentence.

Subject	have/has +Verb(V3) (Past Participle)	Rest of Sentence
I / You / We / They	have met	him before
He / She / It	has lived	here for three years

The V3 (past participle) form of a regular verb looks just like a regular verb in the past simple:

1. walk > **walked** / study > **studied** / stop > **stopped** / create > **created**

There are quite a few irregular verbs in English. It pays to memorize them. Note: Has Had - A verb combination that often causes confusion in the present perfect simple is has had or have had. Ex. I have had enough of your complaining! Have is the auxiliary (or helping) verb and had is the V3 (or past participle) of the main verb to have. It may look strange, but it is correct.

## Contractions in the Present Perfect Simple

In general, we contract the subject (the person or thing that has done the action) and form of have:

1. I have > **I've** - **I've** used those images before.
2. He has > **He's** / She has > **She's** / It has > **It's** - **He's** already had the surgery.
3. We have > **We've** / You have > **You've** / They are > **They've** – **We've** just gotten home.

You may have noticed that the 3rd person singular (he, she, it) contractions look like those in the present progressive. You can tell them apart by the use of the V3 and from the context of the sentence: he is > He's eating now. / he has > He's eaten dinner already Save the long forms for when you want to create emphasis. When speaking, you should stress the have/has.

1. He **has** sung that song. I know he has.

## Negative Sentences in the Present Perfect Simple Tense



## Spelling Tip

When shortening the auxiliary verb have/has and the negative, just remove the o in not and add an apostrophe (') has not > hasn't have not > haven't  
When creating negative sentences, we usually use hasn't or haven't together + the V3 (past participle) form of the verb. Save the long forms (has not, and have not) for when you want to create emphasis. When speaking, put the stress on 'not'.

Subject	Auxillary Verb	Verb in V3 (Past Participle)	Rest of Sentence
I / You / We / They	haven't (have not)	ridden	a bike in many years
He / She / It	hasn't (has not)	lost	enough weight yet

1. I **haven't eaten** at that restaurant in a long time.
2. Jim **hasn't worked** on Fridays since he joined the company.
3. My friends **haven't ever gone** to France.
4. I **have not forgiven** you!

## Yes/No Questions in the Present Perfect Simple

To create a question that will be answered with a yes or no, start the question with Have or Has, (Haven't or Hasn't for a negative question) then add a subject (the person or thing that has done the action) followed by the V3 (Past Participle) form of the verb and only then add the rest of the sentence.

Auxiliary Verb	Subject	Verb in V3 (Past Participle)	Rest of Sentence
Have	I / you / we / they	begun	the meeting yet

Auxiliary Verb	Subject	Verb in V3 (Past Participle)	Rest of Sentence
Has	he / she / it	answered	your letter
Hasn't	he / she / it	eaten	dinner yet

1. **Have** you ever **gone** ice skating?
2. **Has** Jerry **presented** his ideas to the CEO yet?

## Wh-Questions in the Present Perfect Simple

Wh- questions are questions that require more information in their answers. Typical wh- words are what, where, when, why, who, how, how many, how much. To create a wh-question, start with the wh-word, then add have or has, then the subject (a person or thing that has done the action), followed by the V3 (Past Participle) form of the verb and only then add the rest of the sentence.

Wh- Word	Auxiliary Verb	Subject	Verb in V3 (Past Participle)	Rest of Sentence
What	have	I / you / we / they	read	lately
Why	has	he / she / it	changed	color

1. **When have** I ever **lied** to you?
2. **Why has** Tanya **left** the country?
3. **How much** money **have** you **spent** so far?

## Tag Questions in the Present Perfect Simple

Tag questions are those short questions that are tagged onto the end of a sentence. They are used just to make sure that the person you're talking to understood what you meant or to emphasize what you said. They're formed by using a regular sentence in the present perfect simple, then adding haven't or hasn't and a pronoun (I, you, we, they, he, she, it) and a [question mark](#).

## Examples of the Present Perfect Simple – Tag Questions:

1. John has known her for a couple of years, **hasn't he?**

2. They have been in business since 1980, **haven't they?**

You may also add a positive tag when you're using a negative sentence.

1. Keisha hasn't spoken to you yet, **has she?**

2. Those kids have never played rugby, **have they?**

As a rule: When the sentence is positive, the tag is negative. When the sentence is negative, the tag is positive.

## Exercises - Present Perfect Simple

Fill in the correct form of the present perfect simple as in the examples.

1. Dan has worked in that company for 12 years. (work)

2. Have you heard the news? (hear)

3. The boys have never eaten sushi. (eat)

1. Daniel \_\_\_\_\_ that video clip at least twenty times. (see)

2. The workers \_\_\_\_\_ a break in 4 hours. (not have)

3. We \_\_\_\_\_ them regularly over the last few years. (visit)

4. \_\_\_\_\_ Ella \_\_\_\_\_ her driving test yet? (pass)

5. Roger \_\_\_\_\_ to Mexico several times since 2002. (be)

6. They \_\_\_\_\_ to each other in ages, \_\_\_\_\_ they? (not speak)

7. Why \_\_\_\_\_ Mathew \_\_\_\_\_ his job? (quit)

8. \_\_\_\_\_ the nurses \_\_\_\_\_ on strike again? (go)

9. \_\_\_\_\_ they \_\_\_\_\_ the post yet? (not deliver)

10. I \_\_\_\_\_ already \_\_\_\_\_ you the answer. (tell)

Answers:

1. has seen

2. haven't had

3. have visited
4. Has/passed
5. has been
6. haven't spoken/have
7. has/quit
8. Have/gone
9. Haven't/delivered
10. have/ told

## Examples - Present Perfect Simple

### Positive

1. Rani has broken her arm.
2. The girls have played tennis at the club since 2005.
3. I've already made several calls.

### Contractions

1. I have > I've - I've used those images before.
2. He has > He's / She has > She's / It has > It's - He's already had the surgery.
3. We have > We've / You have > You've / They have > They've – We've just gotten home.

### Negative

1. I haven't eaten at that restaurant yet.
2. Jim hasn't worked on Fridays since he joined the company.
3. My friends haven't ever gone to France.
4. I have not forgiven you!

### Yes/No Questions

1. Have you ever gone ice skating?
2. Has Jerry presented his ideas to the CEO yet?



## Wh-Questions

1. When have I ever lied to you?
2. Why has Tanya left the country?
3. How much money have you spent so far?

## Tag Questions

1. John has known her for a couple of years, hasn't he?
2. They have been in business since 1980, haven't they?
3. Keisha hasn't spoken to you yet, has she?
4. Those kids have never played rugby, have they?