

How-to-Guide

WHY YOU'RE MY *Best Friend* FOREVER!



A GUIDED JOURNAL WITH PROMPTS, QUESTIONS,
AND PHOTO SPACES TO TREASURE OUR BOND



Instructions

We want you to have fun with this book — because that’s what friendship is all about!

Here’s what you’ll need:

- Your favorite colored pens (markers might bleed through, so we recommend colored pencils or pens).
- A few favorite photos in a standard 6x4-inch size (verticals fit perfectly; horizontal ones may need a little trim — about half an inch).
- A glue stick to secure your memories.

Before you dive in, read a few of the example responses below to get your creative juices flowing. (Although, come on — it’s your best friend we’re talking about! There are no right or wrong answers — only the ones that come from your heart.)

Whether your answers are short and sweet or long and detailed, your best friend will treasure them just the same!

If there’s a question you’re not feeling, or if one of the 10 bonus ones below speaks to you, go ahead and swap it out! Just scratch the original question and write in the new one above or below.

Think of this as your personal scratchbook — decorate it, make it messy or neat, add stickers, doodles, or anything that makes it you!

Sample Answers to Questions

1. This is what I remember when we first met...

You smiled, and it felt like we'd already known each other forever.
I remember thinking, "She's trouble – the good kind!"
We couldn't stop laughing about something totally silly.

2. I knew we'd be lifelong friends when...

You showed up when I needed someone most.
We had that deep talk at 2 a.m. and nothing felt awkward.
I realized we could be completely ourselves around each other.

3. The most random adventure we had was...

Getting lost and somehow finding the best coffee shop ever.
That spontaneous road trip with zero plan and too many snacks.
Turning a quick errand into a full day of laughter and chaos.

4. This time brought us even closer together...

When life got messy, we leaned on each other.
After that long phone call, where we talked about everything and nothing.
When we decided to forgive, grow, and start fresh.

5. One way you've changed my life is...

You taught me how to believe in myself again.
You reminded me what true friendship feels like.
You made me laugh on days I forgot how.

6. A smell that instantly reminds me of you is...

Vanilla – warm, cozy, and a little sweet.
Fresh coffee in the morning.
That coconut sunscreen from our summer trips!

Sample Answers to Questions

7. My favorite trip with you is...

That weekend getaway where nothing went as planned – and we loved it.
Our beach trip – sunburns, laughter, and zero worries.
The cabin weekend where we stayed up talking all night.

8. The funniest selfie we ever took was when...

We couldn't stop laughing long enough to take a normal one.
We tried that weird filter and ended up crying from laughter.
Our hair was a disaster, but our smiles were perfect.

9. The time when you were there for me (and I needed it the most)...

When I felt lost, and you just listened – no judgment.
You showed up with snacks, hugs, and zero questions.
That day everything fell apart, but you stayed by my side.

10. I'll always cherish that gift you got me...

Because it showed how well you really know me.
It wasn't about the thing – it was the thought behind it.
Every time I see it, I think of you.

11. Our friendship motto could be...

“Laugh first, adult later.”
“No matter what – we've got each other.”
“Chaos and coffee – our secret recipe.”

Sample Answers to Questions

12. One thing you always say that I love is...

“You’ve got this.” – and somehow, I always believe it.
Your random pep talks that turn my whole day around.
“Let’s just wing it!” – classic you.

13. I admire you the most for..

Your strength when things get tough.
The way you always lead with kindness.
How you stay true to yourself, no matter what.

14. This is the song (or songs) that will always take me back to you...

“Dancing Queen” – our forever anthem!
Any song we screamed out loud in the car.
That playlist we made on our best night ever.

15. The most thoughtful thing you’ve ever done for me was...

Remembering the little details I’d forgotten about myself.
Writing me that note when I really needed it.
Showing up – every single time.

16. The thing you always do that makes me laugh is...

That face you make when you’re pretending to be serious.
Your epic dance moves – 10/10 entertainment.
Laughing at your own jokes (before you even finish them!).

17. A quote or phrase that reminds me of you is...

“She believed she could, so she did.”
“Good vibes only – and snacks.”
“Friends are the family we choose.”

Sample Answers to Questions

18. The time I remember when we laughed the hardest is...

When we tried to act serious and completely failed.

That inside joke no one else gets – still funny every time.

When we couldn't breathe from laughing and had tears in our eyes.

19. The story of us that always makes me smile is...

The day everything went wrong but somehow felt perfect.

How we became friends – it still feels like magic.

Our endless voice notes that turn into full comedy shows.

20. The food we always end up eating together is...

Pizza – always pizza.

Tacos, no matter the occasion.

Ice cream... because feelings.

21. If we had a talk show, it would be called...

“Coffee & Chaos.”

“Unfiltered and Unstoppable.”

“Besties, Giggles, and Real Talk.”

23. If we had matching tattoos, they would be of...

Tiny hearts – simple but full of meaning.

A little inside joke only we'd understand.

Something small that says, “Always.”

24. The most thoughtful tradition we have is...

Our yearly “just us” catch-up day.

Sending each other random memes instead of advice.

Celebrating every tiny win together – no matter what.

25. In 20 years, I picture us...

Still laughing at the same old jokes.

Drinking tea and talking about “the good old days.”

Traveling together with matching sun hats and zero worries.

Sample Answers to Questions

26. Our next dream trip should be to...

Greece – sunsets, sea, and endless stories.

Paris, because we deserve a little magic.

Anywhere with beaches, books, and good coffee.

27. A bucket list item I want to do with you is...

Take a spontaneous road trip with no map.

Go skydiving – and probably scream the whole way down.

Write our own storybook of memories.

28. If we could time travel, the first place we'd go together would be...

Back to our teenage years – just to laugh at ourselves.

The day we first met, so we could relive it again.

The '80s – big hair, wild outfits, and all.

29. If we created a theme song for our friendship, it would be...

“Count on Me” – because it's just so us.

Something upbeat and a little chaotic, like our energy.

A mix of laughter, loyalty, and off-key singing.

30. If we made up our own holiday, we'd celebrate it by...

Pajamas, snacks, and zero responsibilities.

A whole day of doing only what makes us happy.

Rewatching our favorite movies and quoting every line.

31. When we're no longer here, I want you to...

Keep laughing, keep loving, and never forget how special you are.

Remember me when you see sunsets – I'll be smiling right back.

Live big, love deeply, and celebrate our beautiful friendship.

10 Extra Questions for you to use (if you want to exchange for one in the book)

- 1. If we had a talk show, what would we call it?**
- 2. I will never forget...**
- 3. This story of us makes me smile...**
- 4. Your favorite foods are...**
- 5. If we wrote a book together, the title would be...**
- 6. If we were characters in a TV show, who would we be?**
- 7. Your one-of-a-kind gift to the world is...**
- 8. A doodle or symbol that represents our friendship is...**
- 9. What we'd totally win an award for is...**
- 10. If we wrote a book together, the title would be...**

If this journal has added a little more love and laughter to your life, I'd be so grateful if you posted your honest review. Your words help other friends discover it, too.