The Presence Audit

A one-week tool for Tend a Relationship

Relationships are like gardens. They thrive when they're cultivated and decline when they're ignored. And nobody loses a friend on purpose. We lose them through drift: missed conversations, busy seasons that never end, the dangerous assumption that we'll catch up eventually. The people who matter most end up getting whatever time and energy happen to be left over, and relationships rarely thrive on leftovers.

Tending a relationship doesn't require hours. It requires intention. This page is an honest look at who's getting yours.

Step one: Name your five.

Write the five people who matter most to you right now. Then be honest about what each one has been getting from you lately. Circle one.

	Name	What they've been getting from me
1		Attention / Somewhere in between / Leftovers
2		Attention / Somewhere in between / Leftovers
3		Attention / Somewhere in between / Leftovers
4		Attention / Somewhere in between / Leftovers
5		Attention / Somewhere in between / Leftovers

Step two: Pick one, and do one thing.

One person from the list. One specific act of presence this week. A phone call instead of a text. A meal with no phones on the table. An hour with nothing else scheduled behind it. Put a day on it, because "sometime this week" is how drift starts.

Who

What I'll do, and when

Step three: Name the fear.

Busyness gets blamed for most of our undernourished relationships, but sometimes the real reason is fear. Fear of an awkward conversation. Fear of being needed. Fear of losing someone again. If there's a relationship you've been avoiding rather than neglecting, what's underneath that?

Make connection a practice. Not something that happens when you finally have time, but something that happens because you've decided it matters.