



*I construct my social circle*

*I show up as my full self in my friendships*

*I regulate who I share my energy with*

*I protect myself emotionally, psychologically and  
physically*

*I am responsible for communicating my feelings*

*I am worthy and deserving of all the love in my life*

*My friends are a reflection of myself, I love what I see*

*I am a magnet for healthy companionship*

*I see and affirm the goodness in others*

*I confidently introduce myself to new people*

*I am allowed to be selective in choosing who I spend my  
time with*

*Period.*