

I AM BLESSED WITH WONDERFUL FRIENDS

Life is too short to spend it alone. My friends add to the enjoyment I experience in life. Spending time with friends adds an element to life that I miss when I am alone.

My friends are wonderful. I can count on them through thick and thin. Whether I need a shoulder to cry on or a ride to the airport, my friends are there for me. All I have to do is pick up the phone and call.

I have many old friends and new friends. My old friends are reliable, and we share a lot in common. My new friends and I share many interests. I look forward to getting to know them better over the years. This blend of old friends and new keeps things comfortable and interesting. I wonder who my new friends will be in 10 years.

I do my best to be kind and supportive to my friends. One of the reasons I have such great friends is that I put a lot of energy into these relationships. I help my friends with their challenges and provide loving support.

My friendships are a priority for me.

Today, I am reconnecting with old friends and making new friends. I remember how blessed I am to have such wonderful friends. My friends are a gift that I greatly appreciate.

REFLECTION QUESTIONS

1

How do my friends add enjoyment to my life?

2

What actions can I take to nurture both old and new friendships?

3

How can I show appreciation for the wonderful friends in my life?