

## I LEAVE NEGATIVE RELATIONSHIPS BEHIND

I am a relationship builder. My focus on a day-to-day basis is to identify those relationships that are constructive and try to maintain them.

I know that being surrounded by positive relationships allows me to maintain my happiness and peace of mind.

I accept that negative relationships are unproductive. I am cautious of friends whose only desire is to tear other people down. When a friend makes an effort to discuss the life of another friend with me, I immediately try to change the subject and focus on more positive discussions.

I am aware that it is easy for negative relationships to have an unfavorable impact on my character. I recognize that spending time around negative energy can cause it to rub off on me. I am disinterested in developing a negative character.

Living a negative life means I am not living up to the expectations of my Creator, and my aim every day is to live according to my Creator's desires. I am conscious of my actions, thoughts, words, and the impact they can have if they are negative.

I aim to avoid bad relationships with family members. My love for my family members remains strong even when they display negative traits, but I make it a point to discourage those traits.

Today, my focus is on positivity and I can achieve that by keeping the influences around me positive. I commit to banishing negative relationships from my life.

## REFLECTION QUESTIONS

**1**

How can I identify relationships that are unproductive or negative?

**2**

What steps can I take to distance myself from negative influences while maintaining my values?

**3**

How does surrounding myself with positive relationships improve my happiness and peace of mind?