

MY FRIENDS BRING OUT THE BEST IN ME

My friends play a big part in making me who I am. My buddies bring out the best in me.

They encourage me to keep trying. I feel motivated to become as special as they make me feel. They give me courage. It is easier for me to face hardships knowing that I have wonderful friends. I treasure the support my friends give to me.

My friends help me to become more patient. They remind me that I am worthy of their friendship, even when I make mistakes. I am careful to value my efforts instead of just focusing on results.

Some of the best feedback I get in life comes from my closest companions.

I know my friends have my best interests in mind. They help me face uncomfortable truths, and show me areas in my life where I need to make positive changes.

Talking to my friends helps me to see events more realistically. I question my assumptions. I think about the consequences of my actions and discover alternatives. I benefit from their experiences and perspectives.

I make progress when someone holds me accountable. I take even greater satisfaction in my progress knowing that my friends share in my pleasure. I know my friends care when I share good news.

Today, I give thanks for my friends. They protect and nurture my soul.

REFLECTION QUESTIONS

1

How can I show appreciation for the support and encouragement my friends provide?

2

What qualities do my friends have that help bring out the best in me?

3

How can I be a positive influence and support for my friends in return?