

# I Am A Magnet For Meaningful Relationships

I am a magnet for meaningful relationships.

People are attracted to me because I am a strong and independent individual with a healthy self-esteem. When I am comfortable with the person I am, I allow others to feel at ease around me.

***I have realistic expectations of my friends and myself.*** I accept others just the way they are, without judgment. In order to have meaningful friendships, I must first be a good friend myself. Then, in return, others respect me and accept me for who I am.

My positive attitude makes me a pleasure to be around. ***I guard my speech to ensure that it is free from judgment and negativity, and full of laughter.*** Time spent with me is refreshing and peaceful.

My friends talk to me about things of substance because they know I am trustworthy. I treat my relationships like a flower, nurturing them and giving them time to blossom.

I cultivate my friendships by seeking out my friends through phone calls and invitations to connect. ***Spending quality time together draws us closer and reaffirms our bonds.***

I deserve to have meaningful relationships and enjoy the company of others. My friends and I need each other to share gifts and talents that are unique to each one of us. Meaningful relationships are a balance of give and take.

Today, I chose to strengthen my relationships by wrapping myself in positivity and practicing acceptance. I am confident in the person I am and I attract others by expressing my true heart.

## Self-Reflection Questions:

1. Do I have realistic expectations of others and myself?
2. What can I do to seek out new friends or reconnect with old pals?
3. Who is one of my most meaningful friends?