

## **Takeaway Sheet -Redesigning Your Circle with Intention**

*Focus: Choosing connection that aligns with your growth*



### ***It's okay to outgrow relationships that no longer serve you***

- Growth often reveals relationships that no longer fit—release them with grace.
- You can love someone and still need distance to protect your peace.
- Letting go creates space for more aligned, supportive energy.



### ***The difference between being kind and staying stuck***

- Kindness doesn't mean abandoning your boundaries.
- People-pleasing isn't the same as being compassionate.
- You can be loving *and* self-honoring at the same time.



### ***How to build your “Growth Circle” — even if it's small***

- Look for women who inspire you, not intimidate you.
- Shared values matter more than shared history.
- One aligned friend can be more powerful than a dozen lukewarm ones.



### ***Connecting with women who reflect your next chapter***

- Seek friendships that encourage your becoming—not just your being.
- Give yourself permission to create new connections in midlife.
- You're allowed to evolve and re-align your circle as often as needed.