

Circle of 4: The 4 Types in Your Circle

Week 1: 9-1-25

The Encourager

Lifts you up with belief and positivity ✨😊🌻

This is the friend who reminds you who you are on the days you forget. They cheer you on, hype you up, and truly want to see you win. Their presence alone feels like a confidence boost, and their words help you believe in your own magic. Everyone needs someone who believes in their potential.

The Mirror

Reflects truth and challenges you with love 💖🌿🔍

This person doesn't sugarcoat things. They hold up a mirror when you need to face hard truths, but they do it with compassion. They challenge you to grow, push past your excuses, and lovingly call you out when you're settling for less than you deserve. Their honesty, rooted in love, is one of the most powerful gifts in your circle.

The Anchor

Offers grounding and steadiness 🌾💜🕊

When life feels like a whirlwind, the Anchor is calm in the chaos. They provide stability, reassurance, and wisdom when you're feeling lost or overwhelmed. They don't always have the answers, but they make you feel safe and grounded. Their steady presence helps you breathe and re-center.

The Drainer

Constantly zaps your energy and confidence ☁️😞💡

This one is tough to acknowledge, but necessary. The Drainer leaves you emotionally depleted. They may always need help but never offer support, or they subtly undercut your goals and excitement. It doesn't make them bad people, but it does mean you need to set clear boundaries to protect your energy and peace.

Affirmation:

"I am worthy of a circle that supports my growth, reflects my truth, and protects my peace." ✨🌸🌀