

# 🌸 Circle of 4: Weekly Takeaways 🌸

## Week 1 - 9-1-25

### 🌷 The Impact of Your Inner Circle

- Your energy is influenced by the people closest to you — protect it wisely.
- Conversations shape beliefs — choose ones that uplift and inspire.
- Who you spend time with can either anchor your confidence or shake it.

### 🌷 Healthy Support vs. Subtle Sabotage

- Support doesn't always mean agreement — look for honesty with kindness.
- Sabotage can come wrapped in concern — tune in to how it feels, not just how it sounds.
- Real support empowers you, not controls you.

### 🌷 The 4 Types of People in Your Circle

- The Encourager lifts you with positivity and belief in your potential. ✨
- The Mirror lovingly reflects truths you might not want to see. 💖
- The Anchor provides stability and peace when things feel shaky. ⚓
- The Drainer pulls from your confidence and energy — set boundaries. 🚫

### 🌷 Celebrating Growth, Not Just Goals

- Progress isn't always loud — celebrate the quiet wins. 🌿
- You're allowed to be proud of how far you've come.
- Becoming is a process, not a checklist. 🌻