Reflection Prompt

Affirmation:

my peace." 🎇

Redesigning Your Circle with Intention

Take a deep breath and ask yourself:

Am I holding on to connections because they serve me — or because they're familiar? As you grow, your relationships should reflect the values, peace, and expansion you desire. Let this be your permission to evaluate, release, and realign — gently and honestly.

羧 Worksheet: Redesigning Your Circle With Intention

Section: It's okay to outgrow relationships that no longer serve you

	. Who in your current circle feels aligned with the person you're becoming?
	nk about who encourages your growth, supports your boundaries, and shows up without ment.)
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<u>*</u> 2	. Are there relationships that feel draining, heavy, or misaligned right now?
	don't need to cut ties — but it's okay to shift their place in your life.)
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½ 3	. What would a soul-aligned circle look like for you?
	qualities, values, or energy you'd love to surround yourself with.)
y k	Kindness & honesty
) (Growth mindset
) S	Supportive without competition
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"I create space for aligned, healthy, and energizing connections. I release what no longer serves