

## **Takeaway Sheet—Week 4: *Finding the Right Social Circles***

### **1. Where to meet like-minded women (hint: it's not always the loudest rooms)**

- Follow energy, not volume—spaces of alignment feel peaceful, not performative.
- Start small and pay attention to how you feel *after* being around someone.
- Community can be built in quiet moments and small conversations.

### **2. Red flags and green flags in new connections**

- Red flags: emotional one-sidedness, constant drama, boundary-pushing.
- Green flags: consistency, emotional safety, support without competition.
- Pay attention to how your nervous system responds—your body knows.

### **3. Boundaries: how to protect your peace while staying open**

- Clear boundaries aren't rejection—they're direction.
- You can be kind *and* have limits—that's emotional maturity.
- Boundaries create safety *within* relationships, not separation from them.

### **4. Permission to walk away from one-sided or draining relationships**

- You don't owe your energy to everyone—especially at the cost of yourself.
- Letting go opens space for aligned connection to enter.
- It's okay to outgrow people—growth is not betrayal, it's truth.