

# Circle of 4: Who's in Your Circle? Reflection Worksheet

**Week 1: 9-1-25**

## Reflection Prompt:

Think about the people you spend the most time with. Are they lifting you up, or subtly pulling you down? Do they celebrate your wins, support your goals, and offer encouragement when things get tough? Or do they drain your energy, question your decisions, and make you second-guess your worth?

Use the prompts below to reflect and realign your circle:



Who in your life consistently makes you feel supported, seen, and valued?

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Who do you find yourself shrinking around, playing small, or hiding parts of yourself?

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Are there relationships you need to redefine, set boundaries in, or even release?

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What qualities do you want in the 4 people closest to you?

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## Affirmation:

*"I choose to surround myself with love, light, and aligned energy. I am worthy of relationships that reflect my growth."*