

Our friends influence the direction of our lives.

Consider a guardrail in your friendships when...



It dawns on you that your core group isn't moving in the direction you want your life to be moving.



You catch yourself pretending to be someone you're not.



You feel pressure to compromise.



You find yourself thinking, I'll go, but I won't participate.



You hope the people you care about don't know your whereabouts.



Keep Going

Is there anyone in your life who isn't helping you get where you want to go? What boundaries could you put in place to avoid unnecessary regrets?

