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Choosing friends is an exercise in wisdom. The people I choose are extensions of my family, so I look for similar traits. Anything that is worth creating is worth my due diligence.

I enjoy meeting new people. When I am introduced to someone in a social setting, I anticipate the possibility of a long-term relationship.

Friendships are meant to add value to my life. I only spend time building associations when I believe there is mutual benefit. It is a waste of time to engage people in mindless conversation. There are so many more important ways to spend my time.

I get a good sense when someone is yearning for my support. There are people in the world who are lonely, and I am ready to do my part to ease their loneliness.

When I find someone who I connect with, I am able to communicate soul to soul. It is a blessing to be able to relate to someone's challenge on a personal level. Gentleness guides my inquiries until I am able to get to

the root of the issue.

My existing relationships require constant work to keep them sound. People who are worth my time deserve my willingness to nurture our bond.

I am able to tell when a friend misses my presence without them uttering a word. I do whatever possible to limit our time apart. Togetherness enriches a bond and keeps connections intact.

Today, I rely on my gift of discernment to guide how I build and maintain relationships. Each day presents an opportunity for me to use this gift to enrich someone's life.

Self-Reflection Questions:

- 1. How easily am I able to tell when something is amiss with a loved one?
- 2. How do I use discernment to provide guidance to someone miles away?
- 3. How often do I make time to meet new people?