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Strong friendships enhance my life in countless ways. **Good friends provide emotional support, good times, and a caring shoulder.** I am attracting new friends into my life.

I make friendships a strong focus in my life. My life is busy, but I make time for my friends. I know they feel the same way toward me. I make time each week to spend time with my friends. Any time spent with my friends is enjoyable to me.

I make an effort to be the best friend I can be. **I know that I can expect to have stronger friendships if I give them the time and consideration they deserve.**

I enjoy being a good friend, and it comes naturally to me. I care about my friends and do everything I can to be kind and helpful.

When I lose track of friends, I try to reestablish contact. I understand that friends can grow apart over time, but I am willing to make the effort to reach out to friends that have drifted away. The results

of my efforts are positive.

I value the friendships in my life and feel blessed for having them. My best memories include many of my friends. I look forward to creating additional positive memories.

Today, I am expressing gratitude for my friendships. My behavior is attracting new friendships into my life. Everyone I meet is a potential friend. I have high expectations for discovering a new friend today.

Self-Reflection Questions:

1. Who are my best friends? What do they add to my life?
2. What can I do to be a better friend?
3. Whom do I know that could be a potential friend?