



GBS HEALTH & WELLNESS

Intentional Inner Circle

Research suggests that we are most influenced by the five people closest to us. Therefore, it is essential to surround ourselves with people who have a positive impact and help us grow as individuals.

When we have close connections with those who truly care about us and those we can rely on for support, our lives are enriched in immeasurable ways. By filling our lives with ambitious, happy people, we will be better able to serve the world and help others reach their potential.

Building intentional friendships is the first steppingstone to creating a solid support network. An intentional friendship is one that is based on mutual respect and a shared commitment to each other's growth and wellbeing. It is not a friendship of convenience, or one that is simply built on similar interests. Instead, an intentional friendship requires both parties to be purposeful in their interactions, and to put in the effort required to nurture and maintain the relationship.

Creating an intentional inner circle doesn't happen overnight. Compare this process to creating a patchwork quilt - a variety of different pieces are added over the years, while others are replaced when worn and frayed. Some unique pieces may be surprising but add a fun element to the quilt. Consider

approaching daily life by looking for ways to improve social connections.

Be intentional about what you want from your core group of people. Think about what you want from this group and review it often. If you don't know what you are looking to get, you'll never know if you are receiving it. Are you looking for: accountability, growth, support, challenge, strength, focus, resources? Whatever it is you are striving for, make sure to be clear about it and don't be afraid to ask your inner circle to help you achieve it.



Take time to tend to these relationships by reaching out to connect regularly, and by reciprocating this support. Be intentional about the time you spend together. Make sure you are actively listening as much as you are talking. Make a point to remember important details like birthdays, food allergies or upcoming events. Remembering these details remind others you care.



Did You Know?

People with a wide network of friends have less tension, suffer from less stress, have stronger defenses, and live longer. Friends encourage good habits, chase away depression, help you overcome diseases and cause satisfaction, pleasure and happiness.

Resource

[MentalFlow: 10 True Facts About Friendship](#)