



Adventure Bonus Message #25

Who are your Peeps?

A coach we trust told us a few years ago, “You are the average of the five people you hang out with the most”

Yes: the people you surround yourself with are key to the *quality* of your life.
Another truism: changing your life may require letting go of some people.

You are intentionally changing your life, and the people who can't keep up with your leaps-and-bounds growth may simply no longer be 'your peeps.' No matter how long they've been in your life. No matter what 'good friends' they may have been before you set your eyes on higher life goals.

The oak and the blade of grass were once little seeds side by side in the ground...

Growth requires sunshine, space, nourishment. Pay attention to how you feel after an interaction with someone. Do you feel heavy, drained, tired? Or do you feel uplifted, light on your feet, energized...*nourished*? It's as simple as that: in order to change your life, you must make space for the people who sustain you.

How do you find these people? To put it simply, when you are ready, have made up your mind, your 'vibe' is already changed. The people who are aligned with this new frequency of yours just appear. There is nothing you must 'do,' really.

But there are traits to look for in the people you want to surround yourself with:

1. Their lives reflect the quality of their character. Look for what's beneath the surface; not the personality quirks or the job they do, but the deeper characteristics. How have they demonstrated courage? Curiosity? Resilience? Kindness? Find in them those attributes that you value and need in your journey.
2. Their larger life goal is aligned with yours. They may be doing something completely different than you on the surface, but what they are working to accomplish is to change their lives for the better, like you.
3. They leave you feeling supported and nourished. A healthy relationship has a good balance of give and take. The exchange of time-attention-energy, money, whatever, does not need to be tit-for-tat, but must feel balanced to *you*.
4. They are positive! (very tempted to add a 'Duh' here...) I'm not talking

about the smile-through-gritted-teeth fake positive, but the capacity to reframe circumstances, find meaning in events, continue to 'do the work' in the face of challenges.

Say you've made up your mind to create a positive relationship with your body. One of the actions you take to support that goal is to join a fun fitness class. You've now put yourself in an environment that supports your goal and guess what...some people in that class (though not all!) share a similar goal. That's a good place to start.

In order to succeed, you must *give yourself the means*. Time, space, money, energy...and of course the right people! So, honor the relationships you have maintained up to now, but let them go if you must. And raise your 'average' by raising a new bar for the people who come into your life.