

#CURATEyourHAPPY

HAPPY TASK – DAY 7: DEFINE YOUR TRIBE

You've done all the work, now you just have to stick to it, and there's nothing better than having a tribe of support to hold you accountable to staying true to yourself and living your best life!

But not everyone deserves a front row seat of your life, or a direct line to your secrets, dreams and wishes. Your tribe must be a circle of trusted friends who have your best interests at heart, and here's a checklist of "MUSTS" that can help you determine who they should be:



- *Your tribe must be like-minded*
- *Your tribe must be supportive*
- *Your tribe must be givers, not takers*
- *Your tribe must be willing to give you constructive feedback*
- *Your tribe must not be "Yes" men or women*
- *Your tribe must feel like family*
- *Your tribe must know how to have fun*
- *Your tribe must challenge you to be and do better*
- *Your tribe must help you to achieve your goals*
- *Your tribe must always have your back*

Remember, in order to find your tribe, you must first know who you are and know what you need in this season of your life. You must also be willing to do for them what they do for you.

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JOURNAL REFLECTION

In reflection of your life's journey, thus far, what have you learned about friendships? How many phases of friendships have you had? Are you still friends with them, or did you lose some along the way? What do you value in friendships? What kind of friend are you?

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