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*"Relationships provide valuable social support to celebrate our success and pick us up when we're down."* — **JONAS CAIN**

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It's been said that if we want to go fast, go alone; and if we want to go far, go together. And there's a lot of truth to this. After all, we may be able to go the fastest when we're alone because we're not held back by the logistics of traveling in a group, but when we're together we're able to go the farthest because we can rely on each other to help us get through obstacles that we simply could never overcome alone.

## **PRACTICE**

This highlights the importance of a key positivity practice: Foster high value relationships.

There's been much research on the value of relationships, noting that the happiest and most positive people in life are those who are resilient—able to overcome challenges that they meet through life—and the most resilient people of all are those who have meaningful relationships. These relationships serve as valuable social support to celebrate together when times are good, and to help pick us back up in times of trouble.

There are a number of strategies for fostering high value relationship, and to help you get started, here's a list of the four key relationships we all need to succeed: Peers, Leaders, Followers, and Self.

**1. Peers:** Peers help you grow into who you are most meant to become because they can relate to you in a way that few others can. Fostering a meaningful

relationship with at least one peer that you can confide in can do wonders for enhancing your resilience to facilitate positive experiences.

**2. Leaders:** Leaders are important because these are the people who have been where you are and are now where you most want to be. The philosopher Epictetus reminds us of the value of this kind of relationship when he said: “One of the best ways to elevate your character immediately is to find worthy role models to emulate.” Fostering a meaningful relationship with at least one mentor to lead the way is an important part of enhancing your resilience to facilitate growth.

**3. Followers:** Followers are important because they provide you with an opportunity to “pay forward” your knowledge, skills, and resources to people who are just starting out, just as others helped you when you were just starting out. Fostering a meaningful relationship with at least one person who would follow in your footsteps will do wonders for enhancing not only their resilience, but yours as well.

**4. Self:** Your relationship with yourself is perhaps the most important relationship of all, because no matter where you go and no matter what happens in life, the only person who will always be there for you, is yourself. Fostering a meaningful relationship with yourself is the foundation for all other relationships.

## REFLECTION

- 1. How have your relationships offered you valuable social support?*
- 2. Which of these relationships would you like to foster to enhance your growth?*
- 3. What will you do to improve your relationships with the people around you?*

## FINAL THOUGHTS

We may be able to go the fastest when we're alone, but when we're together we'll go the farthest because we can rely on each other to get through obstacles that we simply could never overcome alone. By engaging in the positivity practice suggested here, you'll be empowered and encouraged take to foster high value relationship to truly go further together than you could ever hope to apart.

KEY INSIGHTS

DATE: \_\_\_\_\_

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**• MY NEXT STEPS •**

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ACTION STEP

COMPLETED

RESULT

ACTION STEP	COMPLETED	RESULT
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

*What mindset will you use to stay Engaged?*

*What talents, skills, knowledge, information, or interests do you need to stay Empowered?*

*What reminders will you use to stay Encouraged?*

*How will you experience more Enjoyment?*

*How are you preparing yourself to achieve Excellence?*



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