

People Pick

We cannot always choose the people that we associate with. Our co-workers, neighbors, bosses, and family members are necessary relationships and part of everyone's lives. It is important, however, that we recognize the type of people that we associate with as part of our leisure time. Do you spend time with people who represent good support role models?

When it becomes necessary for you to be in the presence of negative individuals, there are some important rules that you can follow that will help you get the most from your predicament and also some things that you can do to leave a positive example for others to follow:

Rule #1 →

Never get caught up in negative conversation about others; a good rule of thumb is: if you cannot say anything good about the person, don't say anything at all

Rule #2 →

Make it clear to others the values that are most important to you

Rule #3 →

Openly express your goals and vision in life

Rule #4 →

Offer verbal support of the ideas and values of others

Rule #5 →

Minimize your association with negative people

Rule #6 →

Surround yourself with positive role models with whom you share common values

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