

# Careers

## Surround Yourself with the Right people

### Did you know?

**“Surround yourself with the right people, and realize your own worth.” - Lucy Hale**

**“Who you spend time with is who you become! Change your life by consciously choosing to surround yourself with people with higher standards!” - Tony Robbins**

Parents often spend an exorbitant amount of time warning their children about bad associates. I was no exception. To this day I can remember how my parents lectured me about the friends I kept, forbid me to visit the homes of certain individuals and carefully monitored my whereabouts. Being the rebel I was, I often thought this as overly restrictive and a huge inconvenience. Now, having grown up to see the life that some of

these individuals now lead, I am truly grateful for their insight and guidance. But, we are all adults here and are free to do as we please. You might even reason that you are your own person and make your own decisions. But I strongly encourage you to consider your associates wisely for the following reasons:

1. Your associates influence the way you think; 2. Your associates influ-

ence the way you are viewed.

Everyone, and I mean everyone you regularly associate with will have some influence on your life. This is true whether you are conscious of it or not. As humans, we are constantly trying to make sense of this topsy-turvy world by carefully examining the people around us. In fact, some scientists have been bold enough to put for-



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ward the theory that we are basically the average of the five people we most regularly associate with. The question now is, who do you want to be? If you choose to associate with people who are content with doing just the basics of life to get by, this notion can easily

### Your Associates Influence the Way You Think

seep into your mind and affect how intensely you work towards your goals. These people will make you question why you push yourself so hard and whether your goals are even achievable. I am

sure you will not find this kind of thought motivating at all. On the other, what about surrounding yourself with people who are constantly pushing themselves to do better? Think about it this way, if you wanted to grow

flowers in your garden, would you fill your garden with poison, stop watering it and hide it away from sunlight? That would not produce the kind of results you are looking for. So why would you surround yourself

with people who want to poison your mind so to speak? These may be well meaning people who genuinely care about you, but they do not understand the fire that burns within you.