



## Day 4: Eliminating Toxic Relationships

Welcome to Day 4 of the "Be True To You" 5 Day Challenge To Igniting Healthy Self-Esteem. Let's keep this momentum rolling! You're doing an excellent job!

Today we're going to be discussing the importance of eliminating toxic relationships.

Reflection: Every person has toxic relationships in their life. People who constantly criticize and never stop complaining. People who only focus on the negative and try to dump all of their problems on others.

These toxic relationships are INCREDIBLY detrimental to self-esteem.

### **Guana Inspirational Writer said:**

"7 things negative people will do to you. They will...

1. Demean your value
2. Destroy your image
3. Drive you crazy
4. Dispose of your dreams
5. Discredit your imagination
6. De-frame your abilities
7. Disbelieve your opinions

This is why negative people must be eliminated from your life or drastically minimized. If not, they will drag you down, crush your self-esteem, and leave you miserable.

It's time to SURROUND yourself with people who affirm and value you.

Action: Take out a sheet of paper and write down three relationships that have the most toxic impact on your life right now.

Take time to think about this. Who criticizes you the most? Complains the most? Dumps their problems on you the most? Who always makes you feel less than?

Resolve to spend less time with these people. You may not be able to completely cut them out but you can certainly spend less time with them. If they are close family, you may be able to approach them about how you feel.

Now write down the three most positive people in your life who encourage and affirm you the most. Those who make you feel happy and appreciate you.

Resolve to spend *MORE* time with them. Call one of them and try to set a time to have coffee together soon.

By eliminating toxic relationships and replacing them with positive ones, you'll see a drastic increase in your self-esteem.

Remember to complete your action item for today.

Leave a comment in the private [Facebook](#) group about how the positive people in your life make you feel. This will bring you more clarity.

*Your Purpose Pusher*

**Eboni Montsho Ignites**