

THE TRUTH CLUB

I love having people in my life who will tell me the truth, no matter what, and the older I get, the more I realize just how valuable it is to have those type of relationships in my life—friendships that don't just scratch the surface, but foster true accountability. Relationships that make you better.

But here's the thing—I don't think that I'm the only one who can or should have a circle of friends like this! You can form your own truth club too! In fact, I think you **SHOULD** form your own truth club. We all need accountability—**TRUE** accountability. People to make us better.

And believe it or not putting this kind of accountability in place is more doable than it might seem. In fact, I'd dare say that you can make it happen in **3 SIMPLE STEPS**.

STEP #1

WHO YOU SURROUND YOURSELF WITH IS WHO YOU BECOME

I have heard it said that as humans, **WE ARE THE SUM OF THE FIVE PEOPLE WE SPEND THE MOST TIME WITH**. And while that might be overstating it just a little, the reality is that our friendships and relationships do have a huge impact on the way we live our lives, whether we realize it or not.

The pressure to fit in and conform starts young, and never really goes away. We dress a certain way, talk a certain way, participate in certain activities, watch certain TV shows, eat certain foods, cheer for certain sports teams, like certain celebrities, drive certain vehicles, vote a certain way, shop at certain stores, read certain books, and discuss certain topics because the people around us—the circle we've surrounded ourselves with—are doing the same thing.

WE THINK WE'RE MAKING OUR OWN CHOICES, BUT ARE WE REALLY?

How much would our tastes change if we were suddenly uprooted and then plucked down in a community that was completely different from the one we are in right now?

STEP #2

FIND YOUR TRIBE

I promise you that there are people out there in the world who are **YOUR PEOPLE**—ones with whom you will feel a strong connection, the ones with whom you can be real and authentic, the ones who will push you to be better, and who won't be afraid to hold you accountable when you need it. There are people waiting for someone just like you to brighten and enrich their lives in the same way they will be able to brighten and enrich yours.

But **YOU** will have to find them.

It will probably mean **STEPPING OUTSIDE THE COMFORT ZONE** of the people that you already know and associate with in order to make new friends. It might mean reaching out to someone you don't know well, but perhaps a person you've admired or looked up to from afar.

STEP #3

FOSTER REAL ACCOUNTABILITY

It starts by finding **AT LEAST ONE TRUSTWORTHY** person that will be able to provide the accountability and support you are looking for, and who is open to receiving that same sort of accountability and support in return. You might even want to create this sort of relationship with multiple people, for different areas of your life. For instance, you might want someone to hold you accountable from a business standpoint, but you might also want accountability for losing weight, being a better parent, or deepening your faith or spiritual life.