

# Social Circle Benefits

High Intensity Sport activates your natural pain response system, making it easier to deal with your breakup. This will help you achieve all your goals, and if necessary, be less afraid to expand your social circle. **You can literally train your brain for resiliency if you train the rest of your body.**

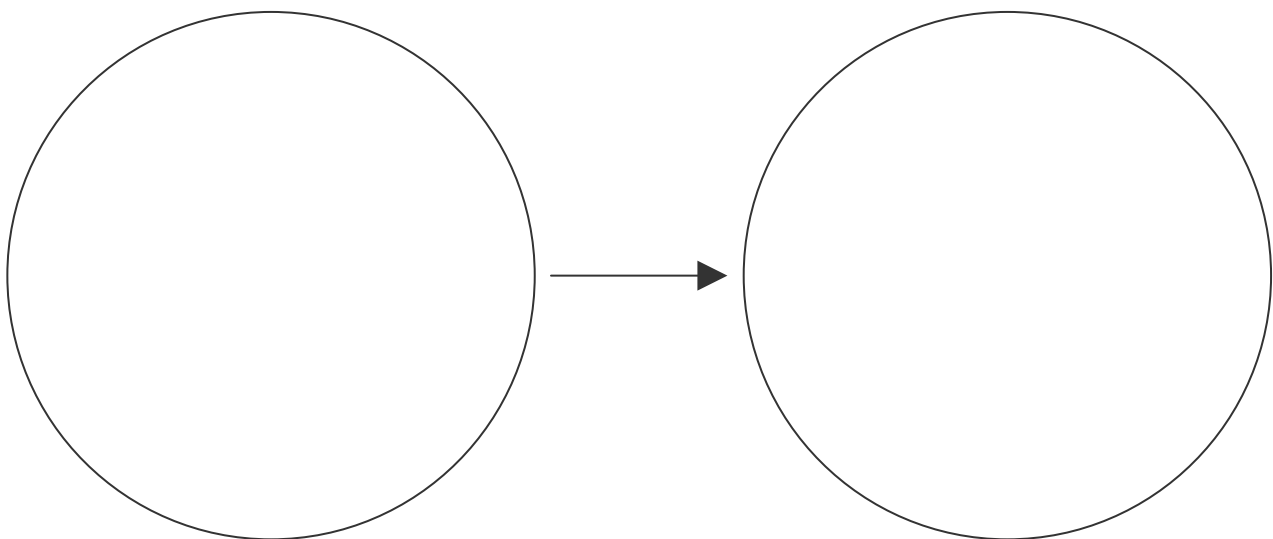
Choose a “non-idle” sport to keep your body & brain occupied.

## High Intensity Sport (At Least Once A week)

### Evaluate Your Social Circle

With your new goals, your circle of friends may or may not be interested in your goals. Some of them may even be counter-productive for you to become a stronger version of yourself. Look at up to five of your closest friends. Put them in the left circle. Who among them do you trust to inspire you & to be a good influence to reach your new goals? Put them in the right circle.

**If you cannot put at least one person in the right circle, then it might be a great idea to expand your social circle.** Sometimes your current friends simply aren't aligned with your new goals. That's okay. It's **OK to add** to your circle of friends. You **don't need to subtract** from your existing circle of friends. Meet new people at a gym. Meet new bros at a men's group. Meet new people who don't like to get wasted. Meet people who want to learn new ideas. And so on.



**Your Current Social Circle**

**Alignment With New Goals**

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## High Intensity Sport (At Least Once A week)

Gym + Kickboxing

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