

Erin Falconer, Cultivating and Setting Boundaries in Modern Friendships - Episode 282

In this Episode:

- Erin talks about how she came up with her new book about friendship, “How To Break Up With Your Friends?”
- Her realization when she evaluated her circle of friends
- Why you need to start really being conscientious about where you’re actively placing your energy
- The need to have a deep understanding of yourself so you can start any great relationship
- That you have to be in a diverse group to unlock different parts of yourself
- The anatomy of great friendship
- The importance of positivity, engagement, commitment and purpose in friendship
- How we show up as a better friend
- The relevance and importance of cultivating and being in a meaningful relationship

Notable Quotes:

“The starting point for any great relationships is having a deep understanding of yourself.”

“We are talking about friendship in a really meaningful impactful way that requires energy.”

“The more diverse your group is, the more you unlock different parts of yourself.”

“You really need to commit to these friendships and it's good to remind yourself that we need to commit.”

“It’s in the engagement with the person that gives you a renewed sense of energy, a renewed sense of commitment, a renewed sense of purpose in the relationship.”

“If you're looking at the landscape of friendship, it needs to be rooted in positivity.”

“One of the best things you can do for a relationship is be really clear about what your needs are within that relationship.”

“There's no kind of blueprint about how to get into new ones, how to get out of old ones, ones that are no longer working, or even what a good friendship should look like.”

3 Pearls of Wisdom:

1. It is incumbent upon every single person to find 15 to 20 minutes a day chaos free.
2. Find laughter every day.
3. Listen to as much music as you can.

Resources:

Erin Falconer is the author of *How to Get Sh*t Done*, a digital entrepreneur, and the editor-in-chief and co-owner of [PickTheBrain](https://www.pickthebrain.com/), one of the most trusted self-improvement communities online. She has a master's degree in Clinical Psychology and was named “one of the top digital entrepreneurs in Los Angeles” by LA Confidential and one of the “Top 7 Women Changing The Digital Landscape for Good” by Refinery29.

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