

Why Good Friends Matter?

"You are the average of the five people you spend the most time with," said Jim Rohn.

Looking back, I can see how true this was in my own life. When I was uncertain about my career, my close friends in college helped me recognise that Pediatrics suited my personality and interests. In hindsight, it was one of the best decisions I ever made, but helped and shaped by close friends.

As parents, we invest greatly in our children's education and well-being, but the influence of friendships should never be underestimated.

As Dan Peña famously said, "Show me your friends, and I'll show you your future."

While we cannot choose our children's friends for them, we can teach them the qualities of a good friend and create opportunities for healthy, meaningful relationships to flourish.

After all, one of the greatest gifts we can give our children is the ability to surround themselves with people who bring out the best in them.

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