

TAKE ACTION – SURROUND YOURSELF WITH THE RIGHT PEOPLE

1. Who do you spend most of your time with? Write down the top five people.

1. _____
2. _____
3. _____
4. _____
5. _____

2. Answer the following questions about each person you listed. Be honest.

NAME	QUESTION	YES	NO
	Are they supportive of your goals and dreams?		
	Do you learn anything from them?		
	Are they a positive influence in your life?		
	After you spend time with them, do you feel energized and ready to go?		
	After you spend time with them, do you feel exhausted or drained?		
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3. Review your responses for each person. If you put a check mark in the NO column you might need to reduce or eliminate the time you spend with this person.

Is there anyone you need to reduce or eliminate the time you spend with them?

4. Make a list of the five people you think you should be spending time with – the people that will help you accomplish your dreams.

1. _____
2. _____
3. _____
4. _____
5. _____

5. Who are you going to add to your top five?

Let me know how this goes for you! I hope you are taking the right steps to accomplish your dreams!

Until next time!

Janet

XOXO