

CHAPTER 4
DAY 1 WORKSHEETS
Team Worksheet

ASSESS
TEAM WORKSHEET

Who are the people in your life?

- Are they bringing you closer to becoming the best version of yourself or taking you away?
- People say you can't really explain why you feel a certain way about someone. Why do you click with some people more than others, or why do you suddenly feel connected to a stranger?
- I feel like God brings us closer to certain people because those are the people we need in our lives at the time. These are the people who will either teach us important lessons about life or ourselves.

YOUR PERSONAL LIFE TEAM

Brain Dump:

List all the people you surround yourself within your personal life and put them into the categories you feel they belong:

Coaches:

Mentors:

Friends:

Cheerleaders:

Toxic People:

YOUR BUSINESS TEAM

CHAPTER 4
DAY 1 WORKSHEETS
Team Worksheet

Brain Dump:

List all the people you surround yourself within your business and put them into the categories you feel they belong:

Coaches:

Mentors:

Friends:

Cheerleaders:

Toxic People: