

**DAY 4**  
**CHAPTER 4**  
**RE-STRUCTURE**

**PERSONAL TEAM WORKSHEET #1**  
**TOXIC PEOPLE**

This exercise can be overwhelming, but take a deep breath and focus on one category at a time. Discovering toxic people can be difficult and sad. Allow yourself the grace to do what is best for you; no one else can build your authentic life. You can always come back to re-evaluate later!

Take a look at who you have listed for your personal life.

- Coaches
- Mentors
- Friends
- Cheerleaders
- Family

In each of your five categories, ask yourself the following questions:

1. Do they empower you and encourage you?
2. Do you feel good and enjoy being around them?
3. When you see them, do you try to avoid them? If so, Why?
4. Do you feel drained after you hang out with them?
5. Do they change the conversation to be about them when you ask for validation or critique of your ideas?
6. Do they compare what they do better to something you have done?
7. Is there any forgiveness that needs to happen for you with this person?

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**BUSINESS TEAM WORKSHEET #1**  
**TOXIC PEOPLE**

Take a look at who you have listed for your Business people in your life:

- Coaches
- Mentors
- Friends
- Cheerleaders
- Family
- Business associates

In each of your five categories, ask yourself each of the following questions:

1. Do they empower you and encourage you?
2. Do you feel good and enjoy being around them?
3. When you see them, do you try to avoid them? If so, Why?
4. Do you feel drained after hanging out with them?
5. Do they change the conversation to be about them when you ask for validation or critique of your ideas?
6. Do they compare what they do better to something you have done?
7. Is there any forgiveness that needs to happen for you with this person?

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**WORKSHEET #2**  
**BOUNDARIES**

List some of the non-negotiable boundaries you have:

List the boundaries you need to set:

What are some phrases you can say when someone crosses a boundary? (This may take time to learn, but let's start)