

YOUR SURROUNDING CIRCLE

**“Surround yourself with people that reflect who you want to be and how you want to feel.
Energies are contagious.”**

4 categories to consider:

1. Coaches
2. Mentors
3. Friends
4. Cheerleaders

1. Why we need coaches in our life?

- A. clear goals on your business or life
- B. clear on what actions to take and what is holding you back, to move forward
- C. Believe in yourself more, develop more courage and confidence
- D. Learn new tools and better habits for business and life such as time management
- E. Feel supported, have accountability and feel more motivated

2. Mentors

“A mentor is someone who sees more talent and ability within you, than you see in yourself, and helps bring it out of you.” Bob Proctor

- A. Being encouraged and empowered in personal development
- B. Help identify and achieve career goals
- C. Increase confidence
- D. Have access to senior role model
- E. Build a support network

3. Friends

“Keep people in your life who truly love you, motivate you, encourage you, enhance you, and make you happy.”

- A. Acquaintances and associates
- B. Close friends
- C. Best friends
- D. Friends that become family

4. Cheerleaders

“A lot of people have gone further than they thought they could because someone else thought they could” Zig Ziglar

- A. Support, sympathetic, calming voice when life goes wrong
- B. Support your dreams
- C. They trust you and your dreams
- D. Believe in you and your goals
- E. They do not tolerate “less than’ knowing your potential

5. Toxic people

“Know you worth. You must find the courage to leave the table if respect is no longer served”

Tene Edwards

- A. Do they usually empower you? Do you feel good and enjoy being around them?
- B. When you see them do you try to avoid them?
- C. Do feel bad or drained when you hang out with them?
- D. Remember it is ok to outgrow a person and stop hanging out with them.

6. Boundaries

“Boundaries are basically about providing structure, and structure is essential in building anything that thrives” Henry Cloud

- A. Limit time with people
- B. Be consistent with your responses
- C. Recognize what will and will not be tolerated(set boundaries)
- D. Do not give you time or your emotions to them
- E. Train yourself to stop and think how you can best respond. It is your choice not theirs

7. People in your life matter

“Alone, we can do a so little. Together we can do so much.” Helen Keller

- A. Building a team is vital for accountability and success
- B. Remember to look for and develop those you need in your life
- C. Get out of your comfort zone and be willing to get around people who help you grow