

People we need in our life to be successful

ASSESS Your TEAM

Who are the people in your life?

- Are they bringing you closer to becoming the best version of yourself or taking you away from your goal?
- 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 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 people will teach us important lessons about life or ourselves.

YOUR PERSONAL LIFE TEAM

Brain Dump:

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

Coaches:

Mentors:

Friends:

Cheerleaders:

Toxic People:

YOU'RE BUSINESS TEAM

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 in your life and how to deal with them.

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 and business 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?

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)