

Your Circle

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Before Starting this exercise, name the people that are in your life consistently below.

Please write how they make you feel and what their role is in your life next to their name. (Your boss or colleagues etc would be professional, some of your friends might be from your work place so please make sure to put that detail in.)

NAME

PEOPLE IN MY LIFE

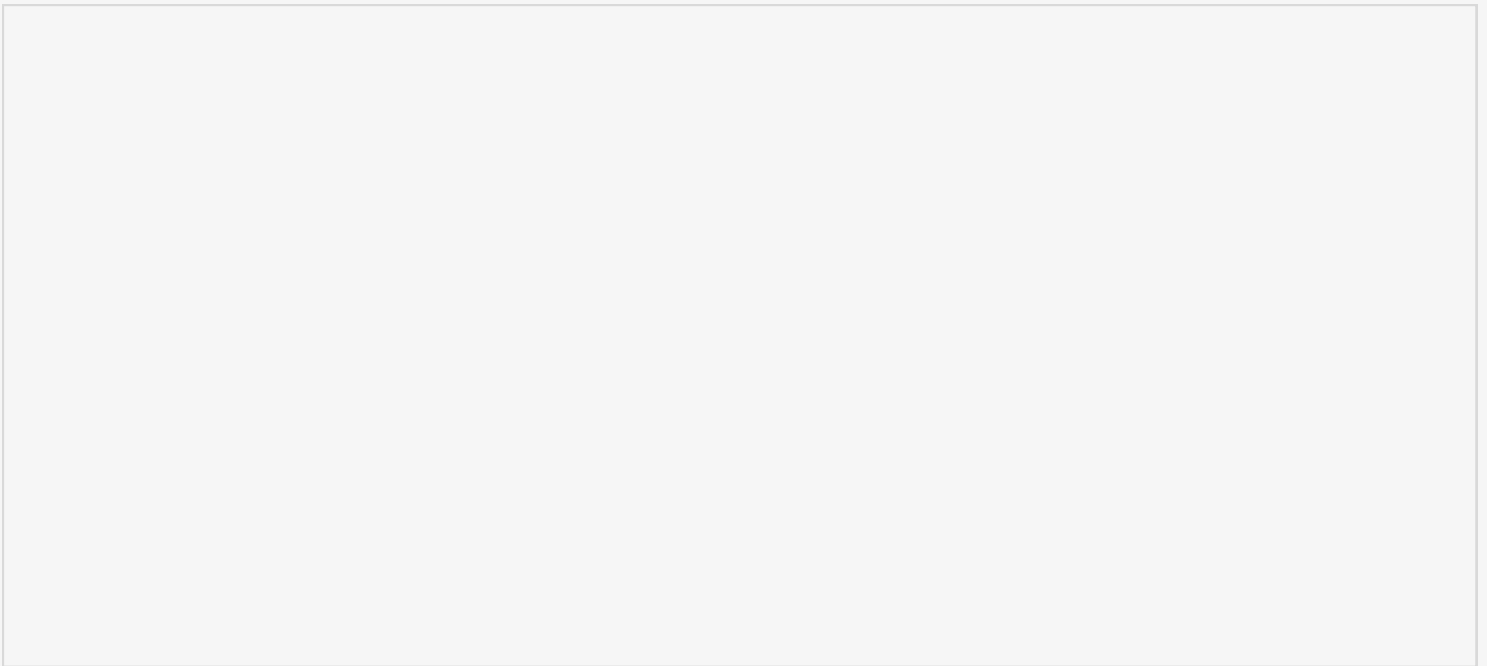
HOW THE MAKE ME FEEL



Let's get started...

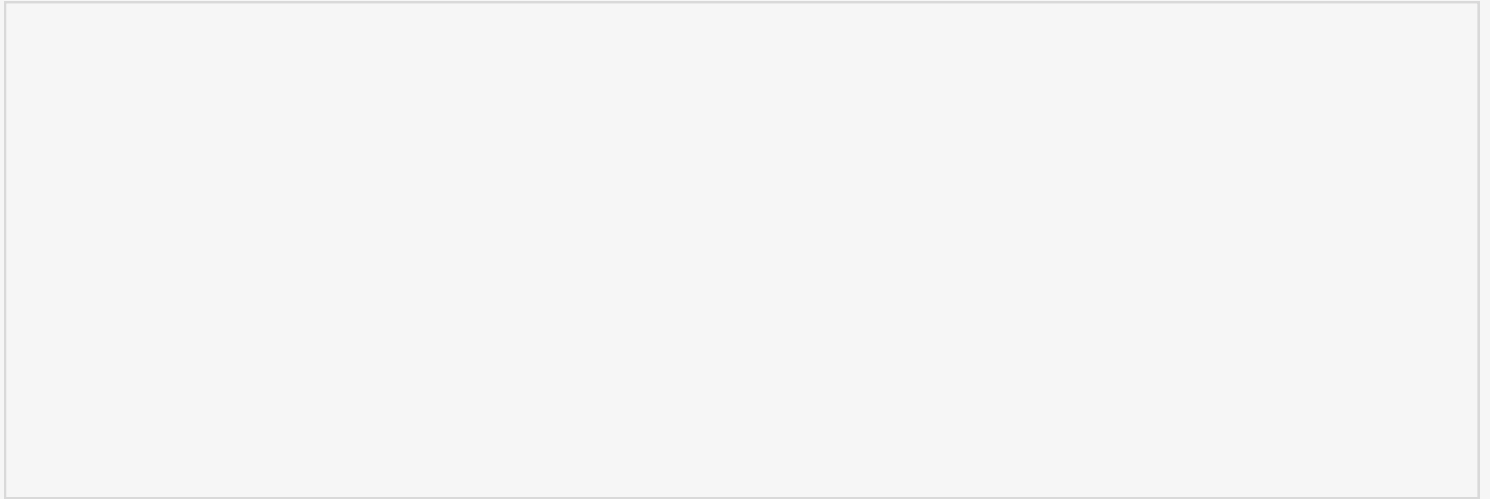
1. Decide how you want to feel.

2. What do you want your life to look like when you visualize it.(Where are you living what are you doing and who are you with and how are you feeling)

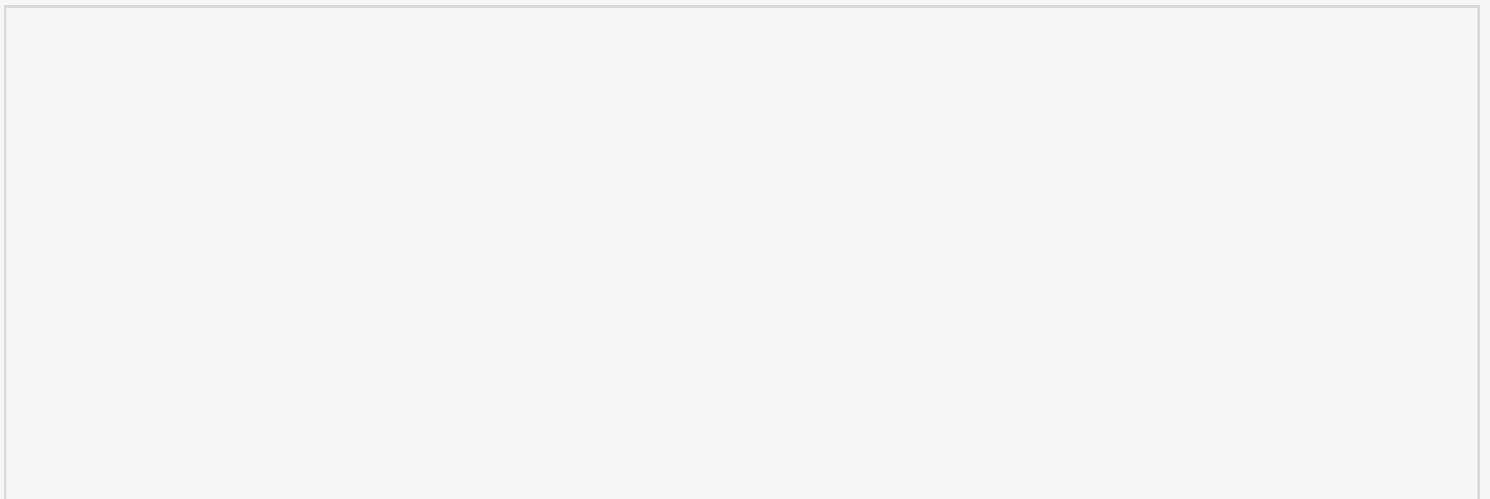
A large, empty rectangular box with a thin black border, intended for the user to draw or write their visualization of their future life.

3. Where do you want it to go in terms of your life direction? What are some of the things you want to do/accomplish over the course of time in these categories?

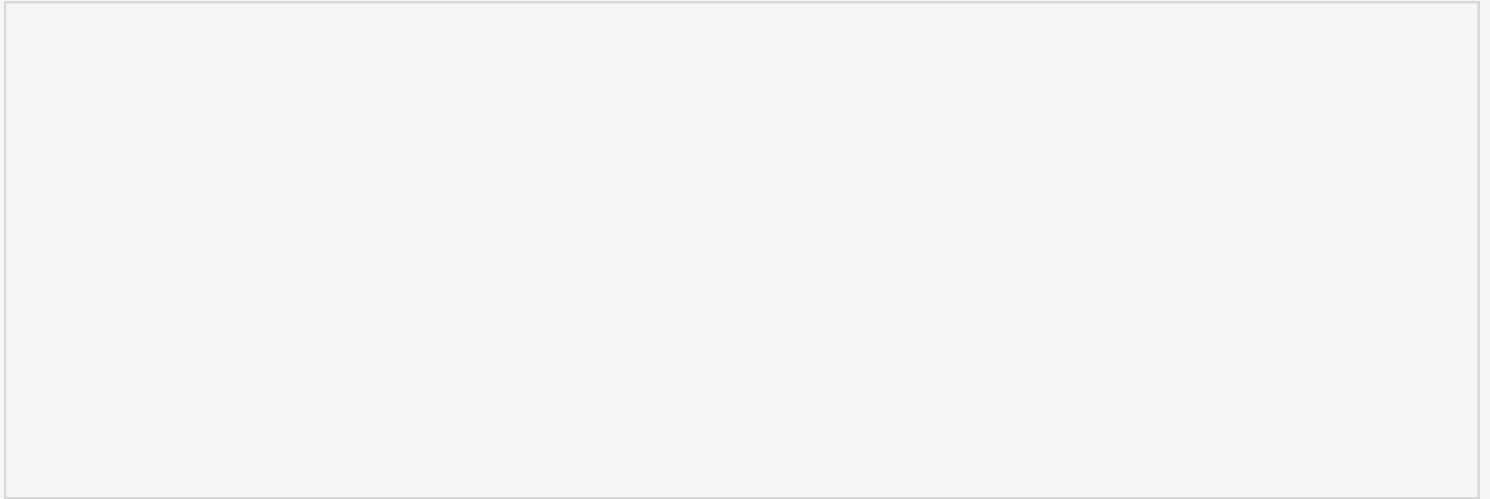
Work - Ex.(Starting my own business and making a lot of money)



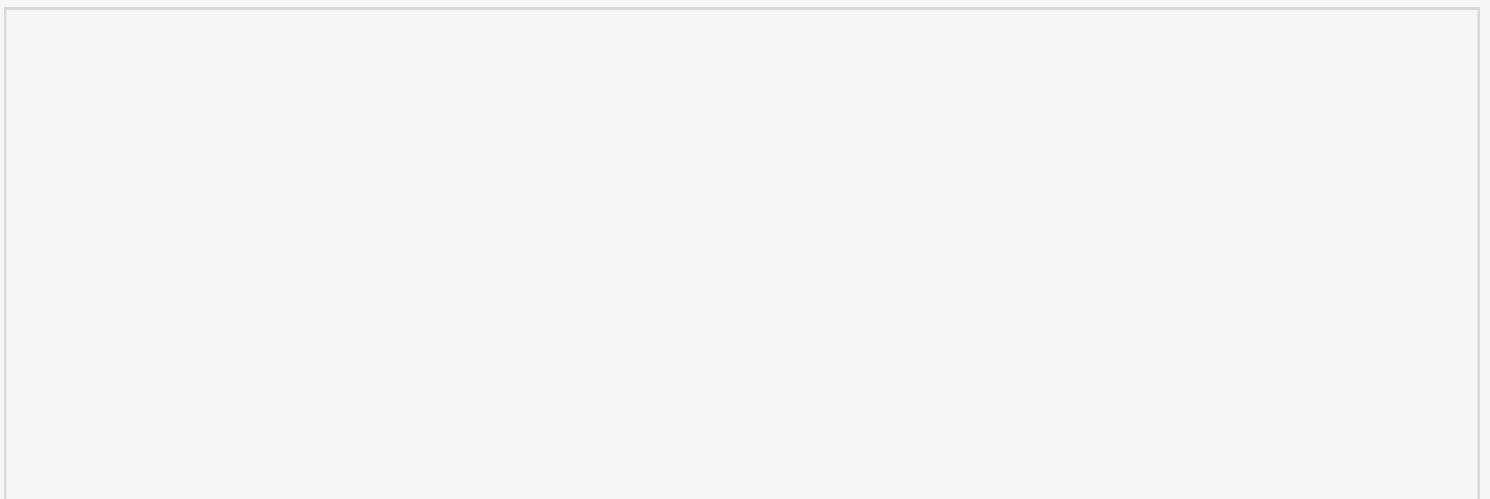
Friends -Ex. (Have consistent friends that are supportive and growth focused long term)



Love Relationships Ex. (Building a life and having kids with someone and traveling the world together)



Accomplishments- Ex.(Be outstanding in a particular field, Create an amazing legacy your family)



Reflect on the above and go through your list and decide who is supporting your vision for your life.

Write the people that are supporting you in one column and the ones that are not in the other

Supporting Growth

Not Supporting Growth

Depending on the role of specific people in your life (that might not be serving you) you may have to set up boundaries and distance yourself from these people instead of removing them.

Identify people in your community or virtually that can support your growth and your vision for your life below.

Key People Supporting Life Vision

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Now go forth and surround yourself with these people and if you don't know them in your community, find them. If they are virtual, spend as much time as you can with them virtually (reading their books consuming their content)

Your life will change and start moving in a new direction.

THANK YOU!