

5 Closest People

Write the names of the 5 people closest to you. Put a “+” for qualities you experience when with them. Put a “-“ for qualities you do not experience.

	Name	Name	Name	Name	Name	Strategy*
You feel good when you're with them.						
You learn from them or discussions you have with them.						
They help you be a better person.						
You admire them, their success and/or happiness.						
You are unguarded and authentic in their company.						
There is alignment in your goals, values, and direction.						
ESTIMATED TIME SHARED WEEKLY						
GOAL TIME SHARED WEEKLY						

*Strategy Symbols:

- E = **expand** your time with them.
- C = **contract** your time with them.
- T = **transform the relationship.**