

Identify Your Spark Team

Who supports, encourages, and energizes you?

BACKGROUND: Positive relationships are hugely underrated as inspiration, calming/anti-stressors and energy boosters! Our best relationships enrich our lives emotionally—and sometimes even financially.

So who's on your team? We usually we spend most of our time with just 20 people. And over the course of our lives we spend the vast majority of our time with 5-7 people. Successful people know to hang around with successful people: Are the people you hang around with successful, supportive, fun, inspirational, energizing?

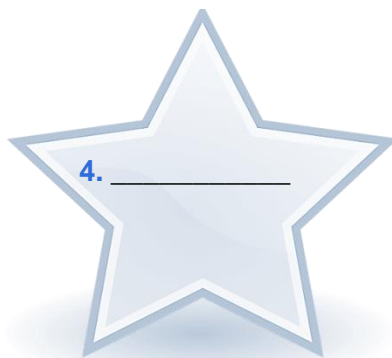
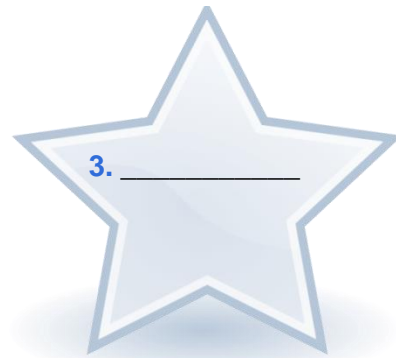
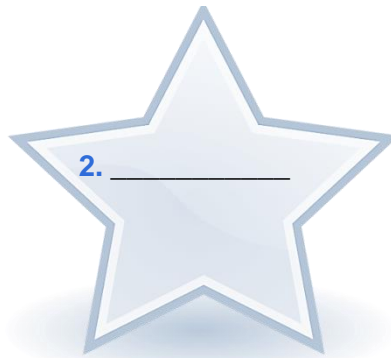
1. In what area/s of your life would you like a boost? eg. fun, inspiration, energy, wisdom, calm, career success

● _____ ● _____ ● _____

2. Consider the questions below and identify your "Spark Team":

This could be someone you already know, would like to know better—or even a club, organization or group.

- Who leaves you feeling great about yourself after spending time with them?
- Who inspires you?
- Who is fun or full of energy?
- Who supports you?
- Who is successful that you can learn from?
- Who encourages you to be different and stretch yourself?



And who else?

- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____

3. My "Spark Team" Plan! Finally, what are your next steps? (pick at least one action)

Who do you have on your list? Are there any surprises? The people you've listed above are the people to find MORE time for. How could you bring more of them into your life? What could you do, ask, suggest, request or offer?

Action 1 _____ by when _____

Action 2 _____ by when _____

Action 3 _____ by when _____