

Who Supports, Inspires, Encourages or Energizes You?

It's said that we spend most of our time with just 20 people, and that over the course of our life we spend the vast majority of our time with just 5 people. Are the people you hang around with supportive, fun, inspirational or energizing? Positive relationships are hugely underrated anti-stressors and mood boosters. In fact deep connection—and quality time with—people we love and enjoy is essential for us to truly be happy in life.

INSTRUCTIONS: Simply answer the questions below, and then choose 3 actions to move forward with.



1. In what area/s of your life would you like a boost?

eg. fun, inspiration, energy, wisdom, calm, career success, de-stressing, getting organized, being more calm etc.

1. _____ 2. _____ 3. _____

2. Consider the questions below and identify your **Spark Team**

These could be people you already know, someone you'd like to know better or even a club, organization or group!

- Who leaves you feeling great about yourself after spending time with them?
- Who supports you?
- Who inspires you?
- Who encourages you to be different & stretch yourself?
- Who is fun or full of energy?



1. _____

2. _____

3. _____

4. _____

5. _____



3. My **Spark Team** Plan: What are my next steps?

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 so that you begin to build—or deepen—your Spark Team?

Action 1 _____ By When _____

Action 2 _____ By When _____

Action 3 _____ By When _____