

THE PEOPLE WHO SHAPE YOUR LIFE

Most people don't struggle because they're weak.
They struggle because they try to do life alone.

You need people.
The right people.



MENTOR

- Provides perspective.
- Opens doors.
- Shares experience.
- Challenges your thinking.
- Helps you see what you can't see.



PROTÉGÉ

- You invest in them.
- You teach.
- You build.
- You help someone that needs guidance.
- Leadership strengthens your own growth.



ASSOCIATE

- Walks with you.
- Holds you accountable.
- Builds with you.
- Keeps you moving when motivation fades.

WHY THIS MATTERS



- Your environment influences your standards.
- Your standards influence your decisions.
- Your decisions influence your future.

REFLECTION

Who has the strongest influence on my thinking right now?



COACH NOTES

- The goal isn't to have more people.
- The goal is to have the right people.



**YOU CAN'T DO IT ALONE.
AND YOU SHOULDN'T HAVE TO.**

RELATIONSHIP MAP

Rate the people in your life right now.

NAME	MENTOR	PROTÉGÉ	ASSOCIATE	ENERGY	NOTES
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	+ / 0 / -	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	+ / 0 / -	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	+ / 0 / -	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	+ / 0 / -	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	+ / 0 / -	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	+ / 0 / -	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	+ / 0 / -	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	+ / 0 / -	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	+ / 0 / -	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	+ / 0 / -	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	+ / 0 / -	

ENERGY KEY: ● - = Drains Me ● 0 = Neutral ● + = Lifts Me Up



QUICK REMINDER

Not everyone in your life needs to be removed.
But everyone in your life should be recognized.
Awareness comes before change.



COACH NOTES

This isn't about judging people.
It's about understanding influence.
The people around you affect your standards, your thinking, and your decisions.



**YOU BECOME MORE AWARE
BEFORE YOU BECOME MORE INTENTIONAL.**

RELATIONSHIP REFLECTIONS

Awareness creates better decisions.



WHO HELPS ME GROW?



WHO DRAINS ME?



WHO DO I NEED TO ADD?

REFLECTION QUESTIONS

What is one relationship I should invest in more?

What is one relationship that may need healthier boundaries?



COACH NOTES

Most people don't change their future by changing everything. They change their future by changing who they consistently learn from, listen to, and spend time around.



FINAL CHALLENGE

Think about the five people you spend the most time with.
Are they helping you become who you're trying to be?



**SHOW ME YOUR CIRCLE,
AND I'LL SHOW YOU YOUR DIRECTION.**