



Who Stay's and Who Go's

We generally have a lot of people round us. Some are family, friends, and acquaintance. Some people we come into close contact with are our work colleagues or people we encounter in our day to day lives. All of us have dreams and goals and part of achieving our dreams and goals is reflecting on our support base. Complete the worksheet to reflect upon the people in your life and how they do or do not support you. After your reflection, determine if the people you listed need to stay, stay with boundaries, and if you need to end your relationship. Remember, protecting yourself, your time, energy and resources are critical. Be careful about who you allow to enter and stay in your life.

Who is in your INNER CIRCLE?		
Who else is in your life?		
Supports me. Listen's to me. Has my back. Will bring me chicken noodle soup when sick.	Sometimes supports me, but also hurts me or is not a positive influence in my life.	Degrades me. Dismisses me. Lies about me. Publically shames or humiliates me. Pushes my boundaries. Manipulates me
These people stay.	These people stay, but with boundaries and I may need to end our relationship.	I need to end my relationship with these individuals. NO CONTACT