

# Prioritizing Healthy Relationships!

**BACKGROUND:** Over the course of our lives, we spend most of our time with just 5 people. Success experts say that who we spend our time with is a key influence on our happiness—and whether we succeed or fail. And experience shows us that happy, successful people spend most of their time with other people who are happy and successful.

So, why not identify those people who inspire and lead you onto better things, and notice those who pull you down? This exercise will help you naturally start making different choices about who you spend your time with.

## Recommendations Based on Score

1. Make a list below of the 20 people you spend most of your time with. Then put a + or - next to each one:

- +** if you feel good about yourself after spending time with them. You enjoy your time with them, and they're happy and successful in their own way. These are often people you look forward to spending time with.
- if after spending time with them, you somehow feel 'less'. You may feel smaller, less happy or have less energy or worry unnecessarily before— or after—seeing them. You likely already have an idea who these people are.

2. Next add a (gut-feeling) score from -5 to +5 against each person to identify HOW much of an effect they have on you.

3. Finally, for the people who have the highest and lowest scores, use the last column to pick an action.

	Name	+/- Score	Action
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	Name	+/- Score	Action
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