**“You are the average of the five people you spend the most time with.” – Jim Rohn**

Our community influences our feelings and our thoughts, and our thoughts will determine our behaviour and our success. Use your Superpower of Choice and Choose your Tribe wisely.

**INSTRUCTIONS**

1. Make a list below of the people you spend time with.
2. Against each one put a:**+** if you **feel more Superpowered** after spending time with them. These are often people you look forwardto spending time with.
3. Put a **-** if you find after spending time with them that your Superpowers are zapped. Perhaps you feel smaller, less happy or have less energy. These may be people where you may worry or stress unnecessarily before or after seeing them. You probably already have a gut feeling who these people are.
4. Next add a (gut-feeling) score from -5 to +5 against each person to identify how much of an Impact they have on you.
5. 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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**What do you notice when you review your list? Are there any insights you can gain about the type of relationships that you have?**

**Positive Relationships are Superpower Boosters**

The people you spend time with should positively enhance your feelings and thoughts:

* Encourage you to feel Calm, Confident, Courageous, Creative, Compassionate, Curious, & Clear.
* You should feel Connected to them and to the rest of the world, whilst being true to yourself.
* You should feel you have Choice in the relationship. You should not feel controlled by them.

**Toxic Relationships are Superpower Zappers**

**“A toxic relationship is any relationship (between people) who don’t support each other, where there’s conflict and one seeks to undermine the other, where there’s competition, where there’s disrespect and a lack of cohesiveness.” Dr Lilian Glass, Author - ‘Toxic people’.**

If any of the relationships you scored minus meet this criteria no matter what you do to change the nature of the relation you should consider ending it.

**Always end a toxic relationship with a conversation**

* Be firm about your intentions and do not allow yourself to waver.
* Be respectful but hold your ground.
* If it helps, write down what you plan to say beforehand.
* If things don’t go as planned, it’s okay to walk away.
* You may need some support to help you through this, so lean on your highly positive relationships when ending toxic ones.
* If you identify that you were in a relationship with an addict, sociopath or psychopath, counselling may help you recover.

Remember - This relationship does not define you. Leaving a toxic relationship is a Success not a Failure.

**What actions will you take to improve your relationships?**