



Identify your 'Star Team'!

Who supports and encourages you? Who do you love to be around?

The positive people and relationships we have in our lives are so important! They energize us, support us, expand us, relax us and are fun to be around.

Have you given thought to who in your life is actually on your 'team', though? We may have a lot of friends, but we tend to spend most of our time with a small handful of people. Think about it:

Where in your life could you use a boost? (As in fun, inspiration, family, career, wisdom, creativity, energy?) **Can you think of 3 areas?**

1. _____ 2. _____ 3. _____

Now, feel into these questions and begin to put names to your 'Star Team'
– people you know or people you would like to know better/can meet –

Who inspires you?
Who is fun to be with?

Who supports you?
Who can you learn from?

Who takes time & really cares about you?
Who gets you outside of your 'box'?









Any more? _____

Now, you develop a plan to **take action!** Get together with your stars by asking, suggesting or offering (like get together for coffee, all come to a dinner or potluck, go out and hike/walk, call to chat, and, and, and!)

1st Action Step: _____ Do by: _____

2nd Action Step: _____ Do by: _____

3rd Action Step: _____ Do by: _____

Be INSPIRED, have FUN, & SUPPORT each other!