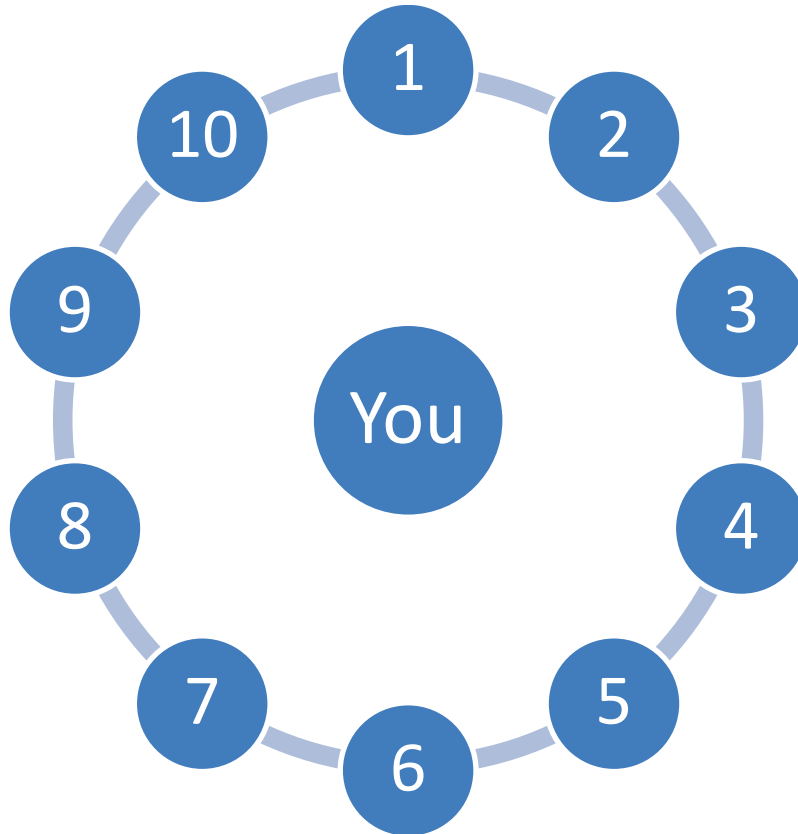


Circle of Influence



List one person who is in your circle of influence for each corresponding number above. Then answer the questions below for each person/number listed above.

1. What type of influence does this person have in your life?
2. Do you respect and admire this person? If YES...why?
3. What values or ethics do you share with the person listed above?
4. Is the person successful?
5. Does the person enjoy the quality of life you strive to have some day?
6. Does the person allow others/you to express their ideas, dreams, and goals without ridiculing?
7. Does the person provide you with positive reinforcement and honest feedback without giving fake praise?
8. Do you feel good about yourself when you are around this person or does the person make you feel like a failure or inferior?
9. Is the person authentic and does he or she allow you to be authentic when in his or her presence?
10. Would you miss this person if they were not in your life? Are they replaceable?

Purpose: The purpose of this exercise is for you to recognize the power of influence that people in your life have over you, your self-esteem, and productivity. People can motivate you and propel you to seek bigger and greater things or they can sabotage your efforts and hold you back. People can also attempt to make you feel inferior if you let them.

After completing the questions above for each person, you may see that it is time for you to divorce some of the people in your circle of influence. It may also be time to sit down, have a frank conversation with others, and let them know that there is trouble in your relationship. As you grow personally and professionally, you may find you have outgrown people and that others have outgrown you. I often hear my clients talk about friends and family being jealous of their successes. This is a great exercise to use to see if the big green ugly monster is biting you.

I do not think God (or your higher power) wants us to fail or be unsuccessful. It is not greedy to want to grow professionally or personally. God gave us a brain and he wants us to use it. I challenge each of you to invest in your mind and body. Do not forget to take time for self-care so that you can enjoy the fruits of your labor.

The people I think we all need in our lives:

Best Friend - this is someone that you can call in the middle of the night or tell your deepest darkest secrets to. This person accepts you as you are and does not expect anything in return. This is probably someone that has known you a very long time. Your coach is not your best friend. Your coach will not pacify you.

Motivator/Cheerleader – this person supports all your ideas and believes in you. They are always there to cheer you on when you feel like quitting. This is one of the many roles your coach will play; but your coach will not give you fake praise. Your coach will teach you how to motivate yourself.

The Sympathetic Listener – this is someone that knows they do not have to say anything...they are just there to listen to you vent and then hand you a tissue when you are done and nothing ever needs to be said again. This person allows you to have the entire stage and knows you will be there for them when they need a sympathetic listener. Your coach will allow you to have a pity party but not for very long. She will work with you to design a plan of action to get you moving forward.

The Mastermind Partner – this is someone that is equally talented but maybe in other areas and has very similar interests as you. You and this person can together, collaborate, and support one another. There is no fear of competition because you each bring unique strengths to the table.

Reality Checker – this is someone that knows you very well and can “smack” you upside the head when you need it or kick your booty and tell you to get a grip. This person is brutally honest with you but only because he or she has your best interest in mind. This is the main role of your coach. Your Coach will help you gain clarity and focus. Your coach will inspire you to greatness and hold you accountable for your actions.

Yours truly...turning dreams into reality,

Coach Jaynine

P.S. Don't forget to take time for self care!