

# TOP FIVE EXPLORING FRIEND RELATIONSHIPS

They say you are the average of the 5 people you spend the most time with. In the space below contemplate the people you spend the most time with, how do you they add to your life in the ways listed. Which of your friends inspires you, motivates you etc. Write down their name and why you put them in this specific category. If no one in your life fits these categories, think of someone who know of that does. In the last box, ask yourself who YOU are the people above. Which category do you think they would put you in. Share your insights with your Top 5.

THE INSPIRED ONE

THE MOTIVATED ONE

THE OPEN MINDED ONE

THE PASSIONATE ONE

THE GRATEFUL ONE

## MY ROLE IN THE LIVES OF THE PEOPLE ABOVE

for person 1, I am

for person 2, I am

for person 3, I am

for person 4, I am

for person 5, I am