

YOUR SUPPORT SYSTEM

ASSESSING YOUR CURRENT ASSOCIATIONS

This is about the amount of TIME you spend with people outside of your immediate household (spouse and kids) and your strict work interactions (those in your office unless you spend time outside of work with them).

Evaluate their current level of success in each of the areas below:

Name	Physical	Financial	Business/ Profession	Mental/ Attitude	Spiritual/ Loving	Family	Relationships	Lifestyle	Average
1.									
2.									
3.									
4.									
5.									
Average									

Now, organize your associations into the following three categories:
dissociations, limited associations, and expanded associations.

DISASSOCIATIONS

Maybe someone from above or anyone else that is involved in your life to any degree that has a negative influence on you—mentally, emotionally, attitudinally, physically or otherwise. These are people who have a negative effect on what you talk about, what you eat, drink, do, watch, listen to etc.

NAME:

1. _____
2. _____
3. _____

LIMIT ASSOCIATIONS

Who do you spend a significant amount of time with that you might need to pull back from a bit?

They are a good person, but they aren't necessarily going where you want to go.
They don't have the same ambition, drive and goals as you do in life.
Too much time with them might keep you stagnant or worse, drag you down a bit.

NAME:

1. _____
2. _____
3. _____

EXPANDED ASSOCIATIONS

Based on your goals and the person you want to become, whom do you need to get around more often? Who in your expanded sphere of influence can you find a way to spend more time with?

NAME:

1. _____
2. _____
3. _____

MENTORSHIP

Additionally, consider where you can hire a coach, trainer or mentor to reinforce your accountability and accelerate your growth rate. You can also find mentors in books, CD programs, seminars and of course through [DarrenDaily](http://DarrenDaily.com)!

NAME:

1. _____
2. _____
3. _____

“Keep away from people who try to belittle your ambitions.
Small people always do that, but the really great ones make
you feel that you, too, can become great.”

—Mark Twain



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