



Toxic People Exercise

- Over the course our lives we spend most of our time with just 5 people!
- No wonder self-development and success books say that WHO you spend your time with is one of the greatest influences on whether you succeed or fail!

So, what better time than now to **identify those people who inspire** and lead you onto better things, and to **notice those people who pull you down**? This exercise will bring this information to the forefront where you'll naturally start making different choices about who you spend your time with.

INSTRUCTIONS

1. Make a list below of the 20 people you spend **most** of your time with. Against each one put a:
 - + if you **feel good** about yourself after spending time with them. You enjoy your time with them, and they are happy and successful in their own way. These are often people you *look forward* to spending time with.
 - if you find after spending time with them that you *somehow* **feel 'less'**. Perhaps you feel smaller, less happy or have less energy. These are especially people where you may worry or stress unnecessarily before or after seeing them. You probably already have a gut feeling who these people are.
2. Now add a (gut-feeling) score from -5 to +5 against each person to identify HOW much of an effect they have on you.

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