



# IDENTIFY YOUR SPARK TEAM

SOLIFE PERSONAL DEVELOPMENT HUB





## IDENTIFY YOUR SPARK TEAM

### WHO SUPPORTS, ENCOURAGES & ENERGIZES YOU?

#### BACKGROUND:

People power: Positive relationships are hugely underrated as inspiration, anti-stressors and energy boosters!

Who's on your team? There are usually just 20 people that we spend most of our time with. AND it's often said that over the course of our lives we spend the vast majority of our time with just 5 people. Successful people know to hang around with successful people. Are the people you hang around with successful, supportive, fun, inspirational, energizing?

#### 1. IN WHAT AREA/S OF YOUR LIFE WOULD YOU LIKE A BOOST? LIST THREE AREAS (eg. fun, inspiration, energy, wisdom, calm, career success)

1
2
3

#### 2. CONSIDER THE QUESTIONS BELOW AND IDENTIFY YOUR "SPARK TEAM":

*Note: These could be people you already know, someone you would like to know better - or even a club, organization or group!*

- Who leaves you feeling great about yourself after spending time with them?
- Who inspires you?
- Who is successful that you can learn from?
- Who supports you?
- Who is fun or full of energy?
- Who encourages you to be different and stretch yourself?

## IDENTIFY YOUR SPARK TEAM



Write down your spark team below:

1
2
3
4
5
6
7



**3. MY "SPARK TEAM" PLAN! FINALLY, WHAT ARE YOUR NEXT STEPS? (PICK AT LEAST ONE ACTION)**

Who do you have on your list? Are there any surprises? The people you've listed above are the people to find MORE time for. How could you bring more of them into your life? What could you do, ask, suggest, request or offer?

<b>ACTION</b>	<b>TIME FRAME</b>
1	BY:
2	BY:
3	BY:
4	BY:
5	BY: