

Week 7 – Your Circle of Influence

Up until now we have been focusing greatly on ourselves, and that is a good thing.

Change starts from within.

With all the brilliant work you have been doing you should have a wonderful dream goal, a shiny new self image and have done a massive amount of ‘cerebral decluttering’ which means you are ready to review who you spend time with. In our adult life we have always had choices, where we live, our work, our hobbies, our style and we CAN choose who we spend time with, our circle of influence.

“Life is too short for shallow friendships.” Aristotle

Here is the **5 Step Strategy to enhance your Circle of Influence**

1. **Be in the mindset of your new self image** (don’t listen to your self-talk he/she is talking rubbish!)
2. **Compile** a list of everyone you catch up with, include those who you would like to catch up with but don’t seem to have had the time to catch up with.
3. **With your intuition as a guide answer these questions:**
 - a. Who sees and loves you for who you are?
 - b. Who helps you be the best version of you, by giving you support, encouragement and honesty?
 - c. Who loves your spirit?
 - d. Who makes you feel energised when you see them?
 - e. Who is there for you when things get tough?
 - f. Who is delighted with your success? *this is a very telling one
4. **Practice gratitude** and thank at least two people this week that you are grateful for having in your life. Do something unexpected for them, send or give flowers, surprise them with a small gift or write a note and make them smile. Lock a date in the diary to catch up with them again soon.
5. **With your intuition as a guide:**
 - a. Who is draining and makes you feel tired after catching up?
 - b. Who is too self-centered and makes everything about them?
 - c. Who envies your success rather than encourages it?
 - d. Who is always putting you down, finding fault with you?
 - e. Who seems too busy to help when you ask it of them?
 - f. Who doesn’t appreciate what you do for them?

Accept these people for who they are, forgive, send them love and release them.

“Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else: you are the one who gets burned”. Buddha