

5 People

Network Module / Community Domain

Date



Instructions

- In this exercise, you will be examining the influence of the five people that you most . This exercise will take about 15 minutes.
- On page 2, Part A, Think about the 5 people who you have the most contact with.
 - Write down their names in the 5 spaces in the "Names" column
 - For each name consider whether they "hold you back" (regression), "keep you about where you are" (status quo), or "encourage you" (growth)
 - Put a dot on the continuum line to reflect that person's influence on you
 - **Consider:** *Of the 5 people with whom you associate most with, whom are the ones that you may need to reduce your contact with? Whom should you replace them with?*
- In Part B, think about 5 characteristics (e.g. calmness) that you want to promote in yourself
 - Write down the 5 characteristics in the "Characteristics" column
 - For each characteristic, brainstorm some people who embody that characteristic (including people you might not know).
 - **Consider:** *How might you develop closer contact with some of the people that you have identified. Even if you can't make direct contact, could you indirectly consume their materials (e.g. read their book, watch their show)*



