



My support team

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You are the average of the five people you spend the most time with. *-Jim Rohn*

Who in your life supports you no matter what? Ask them to have lunch or coffee and share your awareness, struggles, and journey. Chances are, your willingness to be real will embolden them to do the same.

What events could you attend in the next few months where you can be surrounded by encouraging, solution-oriented people?

Who do you need to spend less time with? If you feel drained, “beat down,” or discouraged after an hour with someone, consider limiting your exposure to that person.