

PEOPLE IN MY LIFE

Do an audit of your 'network'. Is there more of one type of person than any other? What might that say about you?

Radiators

People who give you comfort, who are on your side and who boost your confidence.

Drains

People who sap your confidence.

Role models

People who you admire, who have achieved what you want to achieve.

People who can help you

People who have information that may help you achieve your goals. These may be organisations, colleagues or friends. Think about your network of contacts.

No-nonsense 'kick in the pants' friends

People who will tell it like it is and give you a 'kick' when needed.

People who you help or mentor

People who look to you for guidance, help, advice or comfort.

Blockers

People who actually stand in your way and don't want you to succeed.