

THINKING
LEADERS

COMMUNICATION

Your Inner Circle

FOR FURTHER INFORMATION
PLEASE VISIT OUR WEBSITE:
WWW.THINKINGLEADERS.COM

WHO DO YOU SPEND TIME WITH?

As leaders of our own lives and in the workplace, you are the average of the five people you spend most time with, listen to, mentor and spend your energy with.

These are the people who you are choosing to allow to influence you, tap into your energy, your thinking, your behaviour, to impact you, your reputation and personal brand.

It's these 5 people – these relationships - that will directly impact your happiness and success.

A group of Harvard researchers launched the Harvard Grant Study in 1938.

This unique study collected data on 268 male Harvard undergraduates during 75 years and followed the men's lives through surveys and interviews.

They looked at all aspects, including relationships, politics and religion, coping strategies and alcohol use.

The most important finding was astonishing - relationships are the only things that matter in life.

So, take a moment now and reflect on who you spend your time with:

Who energises you?

Who challenges you?

Who makes you laugh or frustrated?

WHO DO YOU SPEND TIME WITH (cont)

Who lets you down?

Who builds you up?

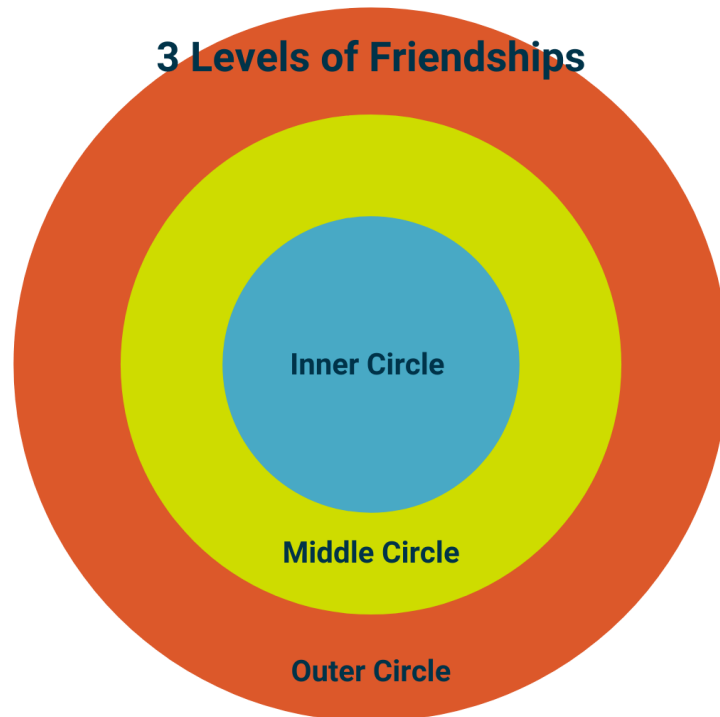
Who inspires you?

Who helps you?

Who makes you feel good?

Who makes you feel used?

YOUR INNER CIRCLE



Who's in your **outer circle** right now? You catch up for a social occasion, to play sport, to go to the movies or shopping.

Who's in your **middle circle** right now? You connect on a deeper level, sharing some values & beliefs, attitudes and standards.

Who's in your **inner circle** right now? The handful of people that you can trust no matter what.



WHO DO YOU NEED IN YOUR INNER CIRCLE?

Think about your current inner circle. Who do you have that fill the following roles:

1. **Mentors** - Those that have achieved what you want – have walked the journey. They have reached the goals you want to achieve.

2. **Builders** - People that motivate you and build you up. They are real. They will give you feedback and be honest.

3. **Connectors** - They connect you with other people that share similar interests or goals to you.

4. **Boosters** - They energise and boost you up. You can call on them to cheer you up when you are down.

5. **Companions** - They are always there for you. They are the first people you call with news. They are the shoulder you cry on and celebrate with.

If you have gaps, think about who would be the type of person to fill that role.

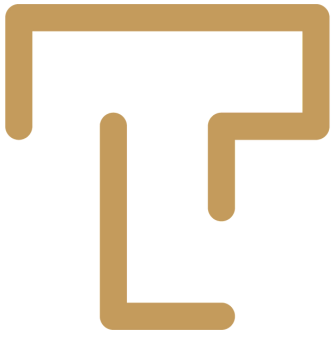
**"Surround yourself with people who are only going to lift you higher."
~ Oprah Winfrey**



NOTES



NOTES



THINKING
LEADERS

**FOR FURTHER INFORMATION
PLEASE CONTACT:**

**WWW.THINKINGLEADERS.COM
LINDA@THINKINGLEADERS.COM
+61 (0) 415 989 677**