



# Identify Your Spark Team

## The Power of People:

Positive relationships gift us with inspiration, stress-busters, and energy boosters.

**Your People:** Typically, we spend the majority of our time with about 20 people, or less. And, it's often said that over the course of our lives, we spend the vast majority of our time with just 5 people. Successful people hang with successful people. Are the people you're hanging around successful, supportive, fun, inspirational, and energizing people? Let's find out.

## Consider the questions below to help identify your "Spark Team":

Note: These could be people you already know, someone you would like to know better - or even a club, organization or group.

- Who leaves you feeling great about yourself after spending time with them?
- Who inspires you?      - Who can you learn from that is successful?      - Who supports you?
- Who is fun or full of energy?      - Who encourages you to be unique and stretch yourself?



### And who else?

- 6. \_\_\_\_\_
- 7. \_\_\_\_\_
- 8. \_\_\_\_\_
- 9. \_\_\_\_\_
- 10. \_\_\_\_\_

## Develop Your "Spark Team" Plan: Pick at least one of the following actions and get to work!

Who made the stars? Is there a name that surprised you? The people you've listed above are the people you need to find MORE time for in your life. How can you bring more OF THEM into your life? What could you do, ask, suggest, request or offer?

Action 1 \_\_\_\_\_ By When \_\_\_\_\_

Action 2 \_\_\_\_\_ By When \_\_\_\_\_

Action 3 \_\_\_\_\_ By When \_\_\_\_\_