

INNER CIRCLE EVALUATION

The people you surround yourself can influence who you are and what you do - often more than you realise. This exercise will help you evaluate your inner circle, recognise its impact, and to help make adjustments to ensure your environment supports your growth. And remember, your circle isn't just about companionship, so be intentional about who you allow in.

Step 1: list the five people you interact with the most. These can be friends, family, colleagues, mentors, or even online influencers (social media, podcasts, books, etc.). Write one word to describe them.

Step 2: assess their impact on you. For each person, answer the following:

- **energy check:** do I feel energised (✓) or drained (✗) after spending time with them?
- **mindset check:** do they encourage me to think bigger and grow (✓), or do they plant doubt and negativity(✗) ?
- **growth check:** have they pushed me to improve (✓), or do I feel stuck in the same patterns around them (✗) ?



Name: _____

Word: _____

Energy
check:



Mindset
check:



Growth
check:



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Step 3: Now that you have more clarity about how your inner circle is influencing you, decide on small, intentional changes, such as:

- who do you want to spend more time with?
- who do you need to set boundaries with?
- what new influences (people, mentors, books, communities) can you seek out to help you grow?

Want to spend more time
with these people

Hmm...need to set a few
more boundaries with
these people

I will allow these people
into my circle

Step 4: Write down one action you'll take this week to improve your circle:
