

Today's Date: _____

SOCIAL CIRCLE WORKSHEET

THIS CAN BE A TOUGH EXERCISE - BE HONEST AND KNOW THAT NO ONE WILL SEE IT BUT YOU AND YOUR SPOUSE

LIST THE 5 PEOPLE YOU SPEND THE MOST TIME WITH, NOT INCLUDING YOUR CHILDREN

NAMES	TRAITS
1	
_____	_____
_____	_____
_____	_____
_____	_____

LIST 5 PEOPLE IN YOUR NETWORK THAT PROVIDE STRETCH

NAMES	TRAITS
2	
_____	_____
_____	_____
_____	_____
_____	_____

LIST THE NAMES OF PEOPLE WHOSE RELATIONSHIP IS DIFFICULT OR REQUIRES A LOT OF WORK. WHAT TOPICS TEND TO DOMINATE THE CONVERSATIONS?

NAMES	TRAITS
3	
_____	_____
_____	_____
_____	_____
_____	_____



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LIST THE NAMES OF PEOPLE YOU WOULD WANT IN YOUR CIRCLE ASSUMING YOU COULD CHOOSE ANYONE IN THE WORLD

NAMES

TRAITS

4

LIST THE THREE MOST COMMON TRAITS IDENTIFIED IN #3

TRAITS

5

LIST THE THREE MOST COMMON TRAITS IDENTIFIED IN #2 AND #4

TRAITS

6

HOW DO THE TRAITS YOU IDENTIFIED IN #1 LINE UP WITH #6?

IS IT TIME TO ADD PEOPLE TO YOUR CIRCLE THAT LINE WITH #6?

