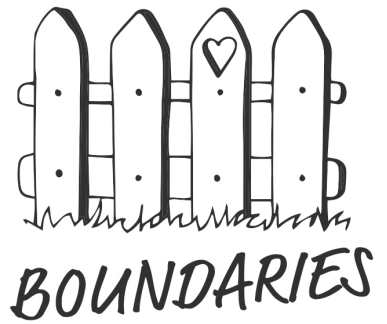


Activity 6.1
Activity 6.2
Activity 6.3



Who is in your network and what is your value to them?

To think systematically about who the key people are in the different parts of our lives, I like to use these categories as a guide.

For each area, write down the people that have the most impact on you - both in terms of physical time you spend with them as well as those that influence your thoughts and feelings.

Finance Steps you take to ensure your financial security 	Health & Fitness Activities you do to attend to your physical health 	Spiritual/Emotional Wellbeing Things you do to look after your mental health 	Personal Relationships Your most intimate relationship (or relationships, we're not judging here) 
Career/Business Any 'work' activity whether or not is for financial profit 	Family & Homelife Immediate and extended home environments 	Education/Personal Development How you grow your knowledge or learn new skills 	Social & Recreation Friends, hobbies and non-work activities or interests 

Key people	How do they impact you?	What value do you bring to them?