



Reflecting on the People and Relationships in My Life



Instructions: Think about your current relationships—people, organizations, things—and map them on the grid according to their positive/negative impact and how much time you are investing in them.

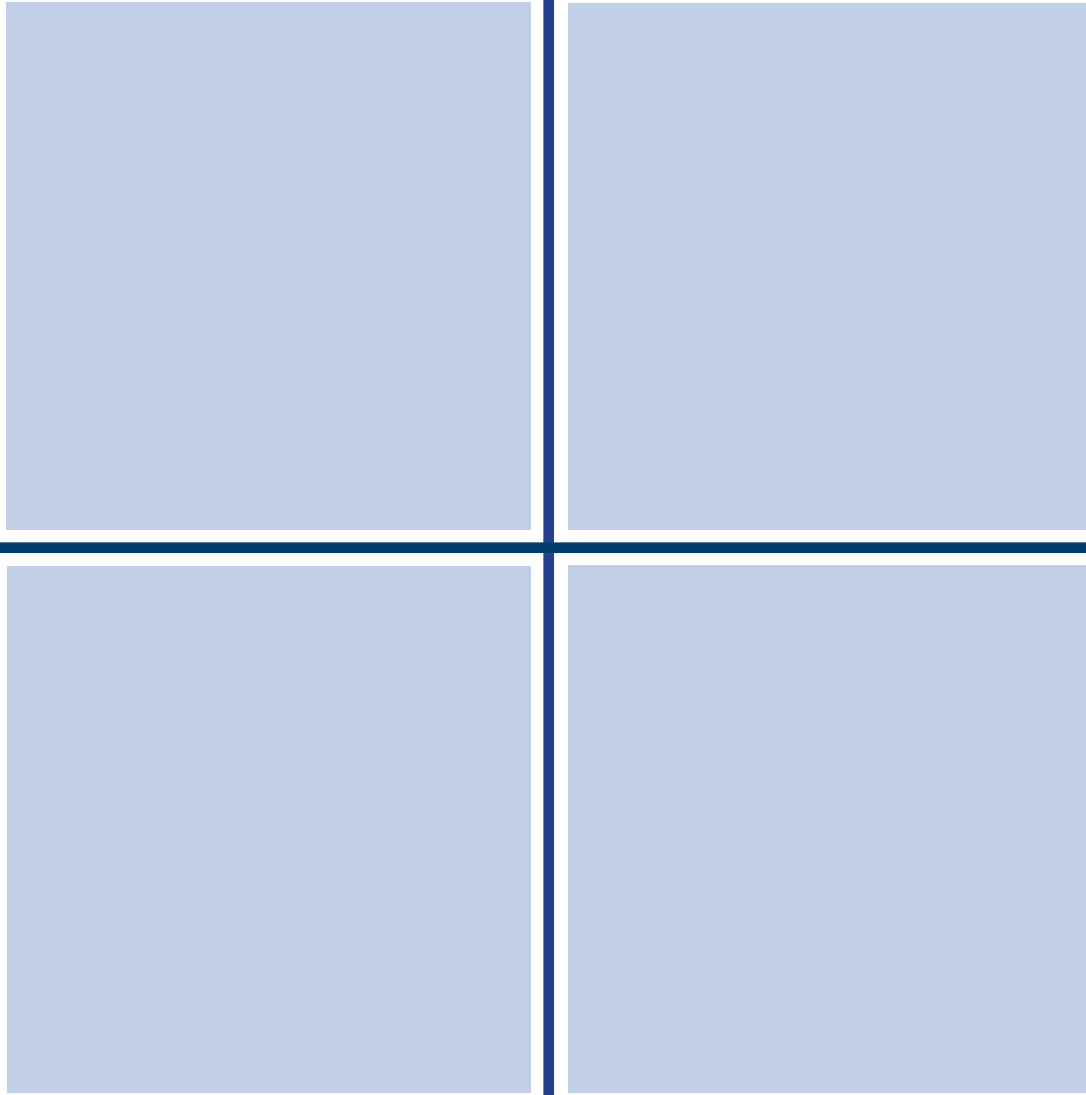
Positive relationships: need more investment

Positive relationships: keep current investment

Communities/Relationships of **Positive Support, Challenge, and Growth**

Time/Energy invested in a **small, limited way**

Time/Energy invested in a **heavy way**



Unhealthy relationships: Keep current boundaries

Communities/Relationships of **Negativity or Lack of Growth**

Unhealthy relationships: Invest less or change boundaries