Building your Power Team

- List every person you have come in contact with in the last seven days-add more lines if necessary
 - Describe the feeling you notice most when you are with them
 - What Characteristics stand out to you about them?
 - Circle the top five names you've spent the most time with--this could be physically with them, talking to them or thinking about them
 - Highlight the top five you most want to be like
 - Cross out anyone you feel like is especially damaging to you

First Name	Feeling	Characteristics