

YOUR ENVIRONMENT AUDIT

People who support your goals:

(List 3-5)

1. _____
2. _____
3. _____
4. _____
5. _____

People who distract or drain you:

(List 3-5)

1. _____
2. _____
3. _____
4. _____
5. _____

What change would help you create a more supportive environment?
