



EXERCISE 3F: FIND AND EXPAND YOUR TRIBE

Reflect on these questions below and journal about them.

Current Tribal Members

- ◆ Who in your current life supports you no matter what and reminds you of who you are when you forget? How has their presence in your life impacted your growth? How have you impacted theirs?
- ◆ Are there people in your sphere who have potential to be part of your tribe but for whatever reason you have overlooked them? How might you find out if they're part of your tribe? Are you willing to take action?
- ◆ Are you giving and taking freely in the tribal relationships you do have? If not, how might you give/receive more?

Past Tribal Members

- ◆ If there is no one now, were there in the past? If so, what do you think are the reasons they are no longer in your life? Was it a natural diversion of paths or was it a relationship that wasn't nurtured by both parties? In hindsight, were there people who could have been members of your tribe, but you overlooked? Is this a relationship worth resurrecting or did it run its course?
- ◆ Have you invested in a lot of one-sided relationships where you give too much or don't receive? Or conversely, have you relied on other's support too much and didn't return it enough? How did that effect you both and the relationship as a whole?

CONTINUED NEXT PAGE

Tribal Members You Haven't Met:

Journal about these two important topics for finding your tribe

Values?

What would you say are the most important values you hold that you need reflected in your tribal members? Write them out. A good clue is to look at the people you admire and note the quality you appreciate. These are also your qualities as you tend to notice the virtues you already possess inside, whether you acknowledge them or not. Some examples of values include integrity, courage, creativity, innovation, confidence, passion, playfulness, loyalty, optimism, humor, spirituality, tolerance, etc. Choose the top 5 most important qualities to you. These qualities should be present in your tribal members.

Interests?

What interests do you have that you would like to share with your tribe? This could be a hobby or cause you devote a lot of time to, or a shared personal growth or career goal.