

# Detox Your Relationships!

Victoria Napolitano

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**Over the course of our lives we spend** most of our time with just 5 people! Success books say that **WHO we spend our time with is a key influence on our happiness - and whether we succeed or fail.** And experience shows that happy, successful people spend most of their time with other people who are happy and successful...



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## 'THROUGH HER EYES' BOOK & SOUNDTRACK The Victoria Napolitano Story

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So, what better time than now to **identify those people who inspire** and lead you onto better things, and to **notice those people who pull you down**? This exercise will bring this information to the forefront where you'll naturally start making different choices about who you spend your time with.

### INSTRUCTIONS

1. Make a list below of the 20 people you spend **most** of your time with. Against each one put a:
  - + if you **feel good** about yourself after spending time with them. You enjoy your time with them, and they are happy and successful in their own way. These are often people you *look forward* to spending time with.
  - if you find after spending time with them that you *somehow feel 'less'*. Perhaps you feel smaller, less happy or have less energy. These may be people where you may worry or stress unnecessarily before or after seeing them. You probably already have a gut feeling who these people are.
2. Next add a (gut-feeling) score from -5 to +5 against each person to identify HOW much of an effect they have on you.
3. Finally, for the people who have the highest and lowest scores, use the last column to pick an action.

Name	+/- Score	Action
1. ....	.....	.....
2. ....	.....	.....
3. ....	.....	.....
4. ....	.....	.....
5. ....	.....	.....
6. ....	.....	.....
7. ....	.....	.....
8. ....	.....	.....

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- 9. ....
- 10. ....
- 11. ....
- 12. ....
- 13. ....
- 14. ....
- 15. ....
- 16. ....
- 17. ....
- 18. ....
- 19. ....
- 20. ....