

People and Places

Sorts out which people and places make it harder for you, and which ones make it easier.

WHEN TO USE THIS

Use this when the same situations keep catching you out.

Put names and places in the column where they honestly belong.

HARDER FOR ME

EASIER FOR ME

Is there one place you could go around instead of through this week?

Is there someone in the left column you still want in your life?

You can care about someone and still change when you see them.

Who in the right column could you reach out to this week?

This is not about cutting people off. It is about knowing what you are walking into.