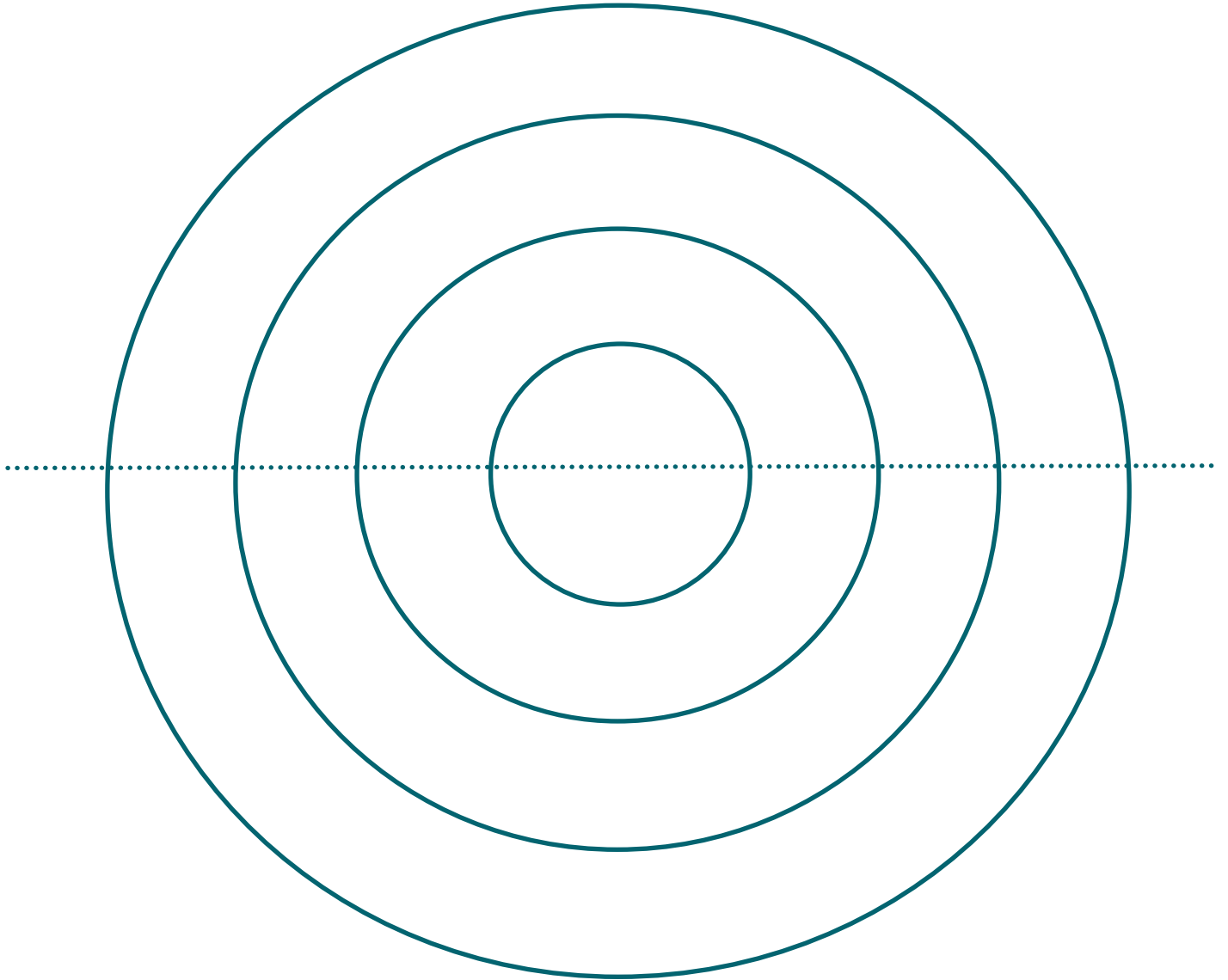


# CIRCLES OF INFLUENCE

## *An Exercise in Managing Your Support System*



*Write the names of people in your relationships on the graph above. Those closest to the center will be those with whom you spend the most time, and those above the line are mostly positive, filling experiences while those below the line are mostly negative, draining ones. Give thought to how to spend more time with those above the line and less time with those below.*

