

WEEK 3: THE DREAM DETOX

EXERCISE 3.1 || IDENTIFYING DREAM BULLIES

Consider your closest circle of relatives, friends, and colleagues. Now think about your most recent interactions with them, and ask yourself the following questions:

1. Does this person believe in me?
2. Does this person support my vision or Dream?
3. Does this person speak affirmative words about my life?
4. Can I trust this person to support my vision even if it's beyond his or her understanding?
5. When I leave this person's presence, do I feel better or worse?
6. Do I enjoy the activities that I typically share with this person?
7. Has this person introduced me to other influential people who can advance my vision?
8. Will this relationship be a good fit for who I want to be six months from now? A year from now? Five years from now?
9. Is this person open to challenging his or her perspectives and trying new experiences?
10. Does this person bring new ideas and thoughts to the conversation?
Would I trust this person to make essential life choices on my behalf?

EXERCISE 3.2 || TIME AUDIT

I want you to monitor how you spend all your waking and sleeping hours for the next seven days and enter the data into this table.

6am		12pm		6pm	
7am		1pm		7pm	
8am		2pm		8pm	
9am		3pm		9pm	
10am		4pm		10pm	
11am		5pm		11pm	