

**The Mini Relationship Review**

Let this be your moment to pause and reflect on the people closest to you. Grab a drink, find a quiet spot, and take five mindful minutes to explore where your energy is going, and whether it’s helping you thrive.

**1. Who Are Your Core People?**  
List the five people you spend the most time with (daily or weekly). This can include friends, family, colleagues or your partner.

**2. How Do They Make You Feel?**Use the prompts below to reflect on each person:

* Do I feel safe, seen and supported by them?
* Do they energise me or drain me?
* Do they inspire me, challenge me kindly, or celebrate me as I am?
* Do I feel like my full, authentic self around them?

**3. Who Lifts You Higher?**Circle the names of people who help you feel your brightest, most grounded self.

**4. Who Might You Need Boundaries With?**Put a star next to anyone who often leaves you feeling flat, anxious, or small. No judgement here—just honest awareness.

**5. Where Do You Want to Invest More?**Pick 1-2 relationships you’d like to deepen. Jot down one small action for each:

* A message of appreciation
* A coffee date
* A phone call
* Offering your support

**6. What (or Who) Are You Calling In?**Is there a kind of connection you’re craving? A mentor, a creative collaborator, a fellow rebel soul? Write it down:

"I’m calling in relationships that are..."

Example: values-aligned, energising, joyful, deep, honest, playful, motivating...

**Final Nudge ✨**  
You deserve relationships that feel like home. Listen to that inner voice. Let go of what dims you. Lean into what lights you up.

**Tag @livetruecoach if you use this sheet – I’d love to cheer you on!**