

## Evaluating the People In Your Life

Step 1: Make a list of all the people you have spent over two hours with in the past two weeks. This includes people you have met face to face or talked with. Use these categories to complete your list:

- Friends
- Family
- Coworkers
- Online acquaintances

<b>FAMILY</b>			
<b>FRIENDS</b>			
<b>COWORKERS</b>			

<b>ONLINE FRIENDS</b>			

Step 2: For each person on the list answer the twenty questions below. Use a separate sheet for each person if you choose to. The document is available at the same place you found this one.

Section 1:	YES	NO
Do you smile when they are around or when you think of them		
Do they support your choices		
Do they offer to help you when you need it		
Do they smile often		
Are they in a good mood the majority of the time		
Are they positive and uplifting		
Do they have a positive view of the world (that it's safe and kind)		
Are they kind to other people, ALL PEOPLE (help, volunteer, etc.)		
Do they value their health and fitness		
Do they Love you unconditionally		
Do they care about the planet and the creatures on it		

Are they inspirational		
Section 2:		
Do they criticize you, give unsolicited advice		
Do they ridicule you or your life		
Do they put you down		
Do they gossip		
Do they disparage others		
Are they judgmental		
Are they hateful		
Are they narcissistic		

Step 3:

Scoring

Section one: Quite simply, if there are more yes answers than no, for that section the person is someone who adds to your life. However it is for that section only.

Section two: The goal here is to have more “NO” answers than YES answers. If you do, then just like section one scoring, the person is someone to keep in your life. Again that is just for this section

The goal is to have both sections be positive, more YES answers than NO in the first section and more NO answers than YES answers in the second section.

In the event that there is a difference between the two sections then count up the number YES answers in the first section and the number of NO answers in the second section. Then do the same for NO answers in section one and YES answers for section two.

Whichever number is higher determines if the person is someone you should keep in your life or if you need to consider spending less time with them/addressing their negativity