

FIND YOUR TRIBE

discovering your true gal-pals

1. What values are you looking for in a true friend?

2. Who do you admire that's living a fulfilling life by some of the same values above?

3. Who of those that you've listed, is the most intimidating to reach out to and why?

4. Take your "why" and write out the worst that can happen if you reach out.

If the "worst" is dangerous or harmful, replace the person on your list. If it's simply uncomfortable due to your comfort zone,... perfect! This may be someone you NEED in your tribe. It's time to reach out to your new tribe, friend!

5. In order, write down which gal you'll reach out to first!

My advice? Make the gal(s) in step 3, first, so the rest will be a breeze!

1. _____	2. _____
3. _____	4. _____