

WHAT'S IN YOUR ORBIT?

It's all too easy to blame a negative attitude on circumstances or the people around you, but you're responsible for what's in your life. Playing the victim is not boss. Alternatively, pulling positive influences toward you and choosing positive thoughts will inevitably bring you positive experiences. This worksheet is designed to help you become accountable for whom and what you surround yourself with, good or bad. It will help you see how your thoughts and choices manifest themselves—from your career to your relationships to your home. What do you want in your orbit? See page 70 in the Being Boss book for more details.

RELATIONSHIPS

Who do you spend the most time with?

CAREER

Describe your job in a nutshell:

HOBBIES

What are your favorite things to do?

YOUR SPACES

What's the space like where you live and work?

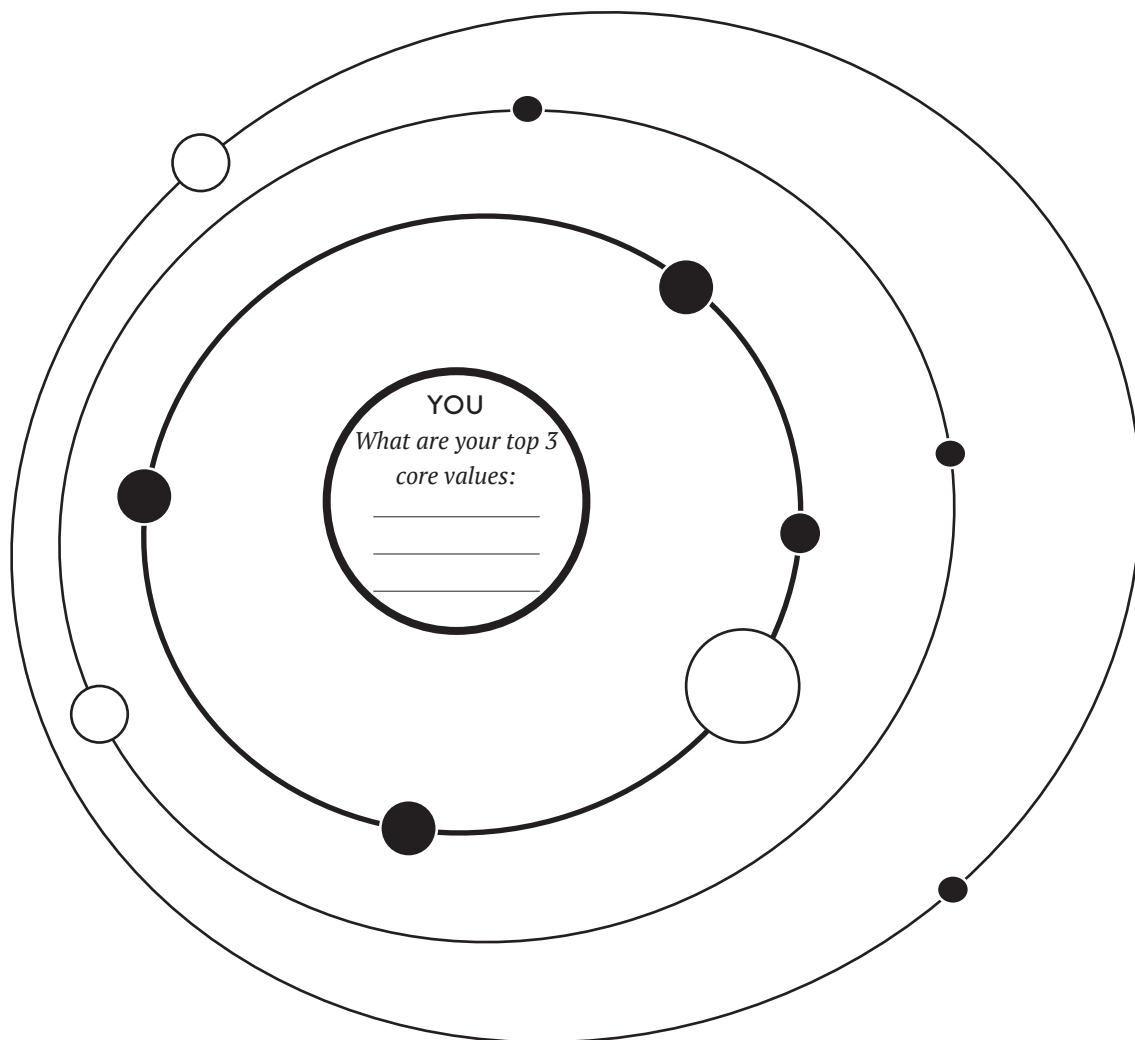
OPPORTUNITIES

Any special projects or adventures?

First, fill in your core values at the center of your orbit.

Start labeling the "planets" with the people, projects, opportunities, and hobbies you fill your life with. Good or bad, the things you spend the most time and energy on will be closest to your "sun." Feel free to draw in more planets as needed.

Now that you can see the big picture, ask yourself these questions: Which planets don't align with your core values? What needs to fall out of orbit? What kinds of planets would you like to attract? Label anything you'd like to attract into your orbit off to the side of the solar system.



Being Boss