



## Who are you hanging out with?

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There is an old proverb that says, "Show me your friends and I will tell you who you are." We become who we hang around with. And the longer we hang out with people the more we are likely to become just like them. So I have a question for you. Do you make the effort to be conscious of who you spend time with, or do you hang out with whomever seems to be around in the situation you find yourself in?

Our well-being is impacted by those around us. People can nurture and encourage us, or drain us of energy and motivation. This doesn't only go for your friends, it applies for work colleagues and family too. On a more subtle level, we pick up the energy of those around us. When we share space with another person we pick up on their energy, feeling how they feel and attuning to them, whether we mean to or not.

Think of the people you spend most of your time with. Right now take a few moments to reflect on how each person makes you feel. Do they add to your life or subtract from it?

- ***Do you work with a group of people who are constantly complaining?*** Do you live with people who are forever miserable and talking about just how miserable they are? Then don't be surprised when you find yourself becoming a miserable and complaining person too. You may love your job but if you hang around people who hate their jobs and forever complain about it, it won't be long before you are in the same boat.
- Do you spend time with people who sap your energy?

***What do you aspire to?*** Who you spend your time with can help you reach your goals as well as stop you from reaching your goals.

- If you want to be financially successful then start hanging out with people who are financially successful. If you hang around those who are broke all you will learn is how to be broke.
- If you want to improve your relationships hang out with people who have great relationships.
- If you want to eat healthily and be fit then surround yourself and spend time with people who are healthy and physically fit.
- Do you want to start your own business and think more entrepreneurially? Then spend time with people who are entrepreneurs.

### ***Action Time***

Draw up a table with four columns like the one below. The first column is to list the names of the people you spend most of your time with. In the second column you are going to indicate a plus

