

## PREPARATION PHASE

### Action-Able Exercise P7:

# Assess your current social environment

Make a list of your current cast of characters. Who are the people with whom you have daily contact? Your family members, friends, coworkers, etc. Who are the other important people in your life? Even if you don't have regular contact with them, add their names to your list. Consider your other influencers, including authors, speakers, celebrities, or people in your community whom you're inspired by, even if you don't know them well.


Next, rate the level of support from each of these people for your making this change on a scale from -10 (totally unsupportive) to 0 (neutral) to +10 (enthusiastically supportive). Each person gets a rating. The friend who is your running partner might get a +10. Your sister who makes snarky comments about your fitness efforts might get a -5. The creator of the YouTube video who inspired you to take action in the first place could be rated a +8. Your coworker who doesn't know about your aspiration gets a 0 (neutral).

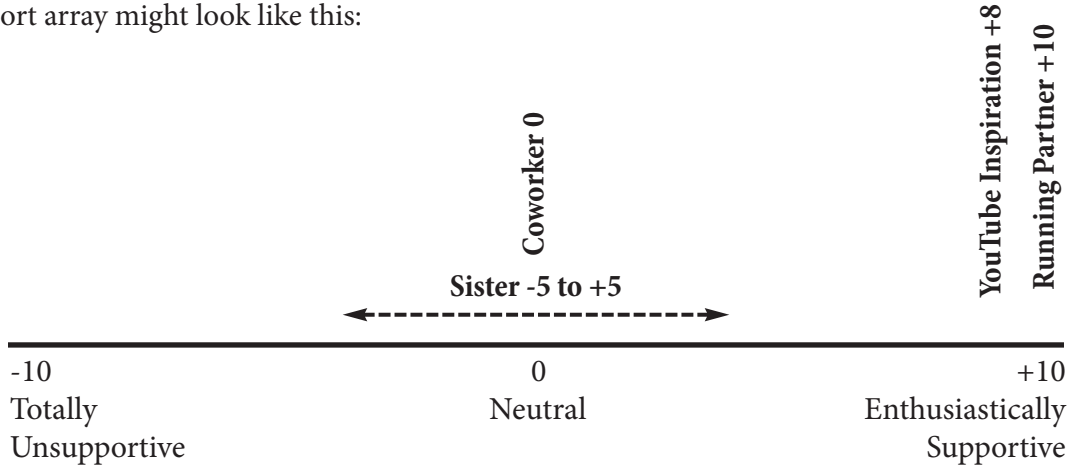
Level of support can be hard to rate for people who are encouraging one day and undermining the next. Note these people by indicating the range of their support. For example, if your sister is critical one day and nice the next, her rating might be -5 to +5.

Write the support ratings next to the names you listed above.

Next, scale your community by placing the names of your cast of characters on this continuum so you can see your current social environment more clearly. Do this task in pencil so you can move people around as their support levels change.

**PREPARATION STAGE**  
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A support array might look like this:



Take your ratings from the list above and show your community's range of support by plotting each person on the line below.

Support levels of my cast of characters:

