

## SHINE YOUR LIGHT - INNER & OUTER CIRCLES

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1. HOW DOES YOUR CURRENT INNER CIRCLE MAKE YOU FEEL?

Are they empowering or disempowering? Do they want the best for you? Do they want you to conform to their expectations? Do they lead with love or with fear?

2. WHO RAISES YOU UP?

Who wants you to win and is genuinely happy when you shine?

3. WHO CAN'T STAND IT IF YOU SHINE MORE THAN THEM?

4. WHO MAKES YOU FEEL LIKE YOU HAVE TO HIDE WHO YOU ARE IN THE HOPES OF FINDING BELONGING, UNDERSTANDING, APPROVAL, LOVE?

4. WHO ARE YOU PUTTING IN YOUR NEW INNER CIRCLE?

5. WHO ARE YOU PUTTING IN YOUR OUTER CIRCLE FOR NOW?