

# people inventory

- list the people in your life
- choose the degree to which you want or need to interact (daily, weekly, monthly, quarterly, yearly, infrequently or never)
- note one tweak you can make in the giving or receiving in the relationship
- categorize the type of connection: colleague, friend, immediate family, extended family, neighbor, professional, etc.
- identify what you appreciate about the person and the relationship
- refer to this list weekly and intentionally honor the relationships that matter most. liberate yourself from the ones that diminish you

person	connection	frequency of contact	what i appreciate	one tweak