

How to **EVALUATE YOUR CURRENT CREW**

Few choices matter more to your resiliency than your choice of friends. Here's a simple way to evaluate those in your current circle to see if they're going to help you become your best self in a crisis.

- **Names:** Take out your calendar and review the past 2-4 weeks. Make a list of the people you go out of your way to interact with. Especially note those people with whom you can go beneath the surface. This is your Crew.
 - Looking at your list, what emotional responses, narratives, and habits do you see in their lives?
- **Stretch:** For each person, rate them on a scale of 1-5 in terms of how much they stretch you. Do they reinforce your own views of the world (1) or do they stretch you to see the world differently (5)?
- **Impact:** For each person, rate them for how much their presence encourages you to become the best version of yourself. Do they detract from your growth (-), have no impact on your growth (0), or encourage you to become a better version of yourself (+)?

NAME	STRETCH 1 2 3 4 5	IMPACT - 0 +

Looking at your Crew, answer these questions:

- What's **right** about your Crew?
- What's **wrong** about your Crew?
- What's **missing** from your Crew?

RIGHT	WRONG	MISSING