A. Identify seven to ten people in your life with whom you spend most of your time:
   1.
   2.
   3.
   4.
   5.
   6.
   7.
   8.
   9.
   10.

B. Identify one personal/academic goal (this can be long-term or short-term):

C. On a scale of one to ten, rate each relationship above:
   1 being the relationship that pulls you AWAY from your goals with 10 being the relationship that propels you TOWARD your goals.

D. Are all the people you spend time with helping you to achieve your goals?

E. Is anyone sabotaging your efforts? How?

F. Do all these people belong on your Dream Team? Why or why not?
Visualize your perfect Dream Team...

G. List people who could best support you to achieve your goals (this includes people you know and people you do not know yet)
   1.
   2.
   3.
   4.
   5.
   6.
   7.
   8.
   9.
   10.

H. Who was on your first list that did not make it on your second list?

I. What did you realize about the people you presently spend time with?

J. Is there anyone you might drop from your Dream Team? Why?

K. Who would you like to add to your Dream Team? Why?