

You've defined your boundaries and started to manage your power. You're taking it back and getting over your fear of failure.

Surely there are people you want to allow inside those boundaries. People who fill you up, respect you, and add to your power. People with whom you can feel vulnerable and safe.

*When you spend time with people who have a lot to give, you raise your vibration.*

Take a deep breath, reach out to those you aspire to learn from and know that we're all on this journey together. Anchoring yourself in this knowledge will keep you plugged into endless motivation + a world- conquering attitude!

## *Step 1: Notice the Energy Vampires:*

We've all been guilty of letting energy vampires hang out in our space too long. It can be challenging to cut ties because we tend to feel "guilty" or think that we "should" figure out a way to make it work. But really? You don't "have to."

As you are reading this, you may be thinking of that a person (or many people) who suck your energy dry. We've all been guilty of letting energy vampires hang out in our space too long. It can be challenging to cut ties because we tend to feel "guilty" or think that we "should" figure out a way to make it work. But really? You don't "have to."

### **Who are the energy vampires in your world?**

#### **1. Name**

**They suck my energy dry by**

#### **2. Name**

**They suck my energy dry by**

### **3. Name**

**They suck my energy dry by**

**Why are they in your life?**

**How is that affecting you?**

Gently toss the energy-suckers to the curb + get on the bus with generous souls who dream like and with you.

*Step 2:* Make your "inner soul circle" guest list:

Who are the people who light your power grid up? Who do you bounce ideas off of? Who gives you solid advice? Write them down right now and next to each name write one way they fuel your fire.

### **1. Name**

**They fuel my fire by**

### **2. Name**

**They fuel my fire by**

### **3. Name**

**They fuel my fire by**

### **4. Name**

**They fuel my fire by**

### **5. Name**

**They fuel my fire by**

You should put a lot of thought into creating a guest list of people that you can trust, learn from, support your life's visions, uplift you, believe in the best of you + share similar moral fiber. This just might be your most important step to achieving greater joy and making big things happen for you + those you love.

**I will only invite people to my inner circle who:**