



Community Audit

How to become aware of toxic relationships, surround yourself with positive women, and find more genuine friends who wholeheartedly want to pour into you.

Step 1) Awareness

Write the top 10-15 names of the women you have been interacting with inside of the cup. Tip: If you're not sure, check your text messages, phone calls, and recent calendar events.

Step 2) Audit

Now that we know whom you are spending your time with, let's do a temperature check on that relationship and become aware of who is pouring into your cup and who is not.

Amanda

Circle the names of the women that pour into your cup (encourage, support, and love you well). Hint: You most likely feel lighter, happier, and/or empowered after you've spent time with them.

Emily

Cross out the names of the women that take from your cup (negative, unreliable, and not supportive of you). You might feel heavier, bummed, and/or exhausted after spending time with them.

*Joanna**

Asterisk the names of the women that you're not quite sure yet if they pour into you or take from your cup.

Tip: We star these names to become increasingly aware after your upcoming interactions with them to get a better idea of where they fit into your relationships right now.



Step 3) Reflect

Reflect on the names in your cup and answer the following questions below (or journal them out).

Looking your cup, how do you feel about the current state of your relationships? Why?

Do you see a gap or feel like you are missing some key relationships right now? ie: Mentor, Accountability Partner, Listener...

How can you create better boundaries and/or distance yourself from the unhealthy names that you crossed off?

Each person in your life is unique, but what are some similar qualities that the circled names share? Where in your community can you continue to meet more women like the names that you circled?

Is there anyone that you know of that you'd like to get to know better? ie: An online friend, a mom at your kid's school, another local business owner... Write their names below and kindly invite them to meet & grab (virtual or in-person) coffee with them!