

# **Transform your life**

**Start Right, Stay Right, Become Pre-Eminent**

## **Personal Relationship Workbook**

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# Transform your Life: Personal Relationship Workbook

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## Section 3: Personal Relationship

Your relationships shape your perspective, fuel your growth, and either accelerate or hinder your transformation journey. In this session, we explore how to build, nurture, and lead through meaningful connections — from friendships to mentorships.


### 1. The Power & Purpose of Relationships

Reflection Questions:

Who are the 3 people who influence you the most right now?

Are your current relationships helping or hindering your growth?

Activity:

 Make a list of your inner circle. What does each relationship add or subtract from your life?

Key Principle:

“You become the average of the five people you spend the most time with.”

## 2. Building Deep & Meaningful Relationships

Practical Exercise:

Identify one relationship you'd like to strengthen.

Write down 3 ways you can invest in that relationship this week (time, value, encouragement).

Self-Assessment:

✓ Rate yourself (1–5) on the following:

I make time for people that matter.

I communicate openly and honestly.

I express gratitude consistently.

I listen to understand, not just reply.


## 3. The Power and Purpose of Mentorship


Reflection Questions:

Who is mentoring you right now?

In what area of your life do you need mentorship most?

Action Step:

 Identify someone in your network (or through prayer) who can mentor you in an area you're growing in.

 Write down what you'd ask or hope to learn from them.

Bonus Thought:

“A mentor shows you who you can become — and how to get there faster.”

#### 4. Mentoring Others — Starting Your Own Group

Challenge:

Start small. You don't need to be perfect to lead — just committed.

Who can you begin to pour into?

What experience or wisdom do you have that could bless someone else?

Write a simple plan:

## Starting or Leading a Transformers Connect Group

Weekly meeting time

Teaching the transformation process and keeping your team accountable

### Personal Relationship Growth Tracker

| Relationship Type | Rating (1-10) | Improvement |
|-------------------|---------------|-------------|
| Friendship        |               |             |
| Mentorship        |               |             |
| Family            |               |             |
| Mentees           |               |             |

### Final Reflection Questions

- What is one relationship I need to let go of in this season?
- What is one I need to invest more into?
- How will I be more intentional about relationships from today?

#### Commitment Declaration:

*"I commit to building relationships that reflect my purpose, sharpen my growth, and align with my destiny."*

Date for Review: \_\_\_\_\_