# Transform

# your life

Start Right, Stay Right, Become Pre-Eminent

Personal Relationship Workbook

# Transform your Life: Personal Relationship Workbook

#### 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.

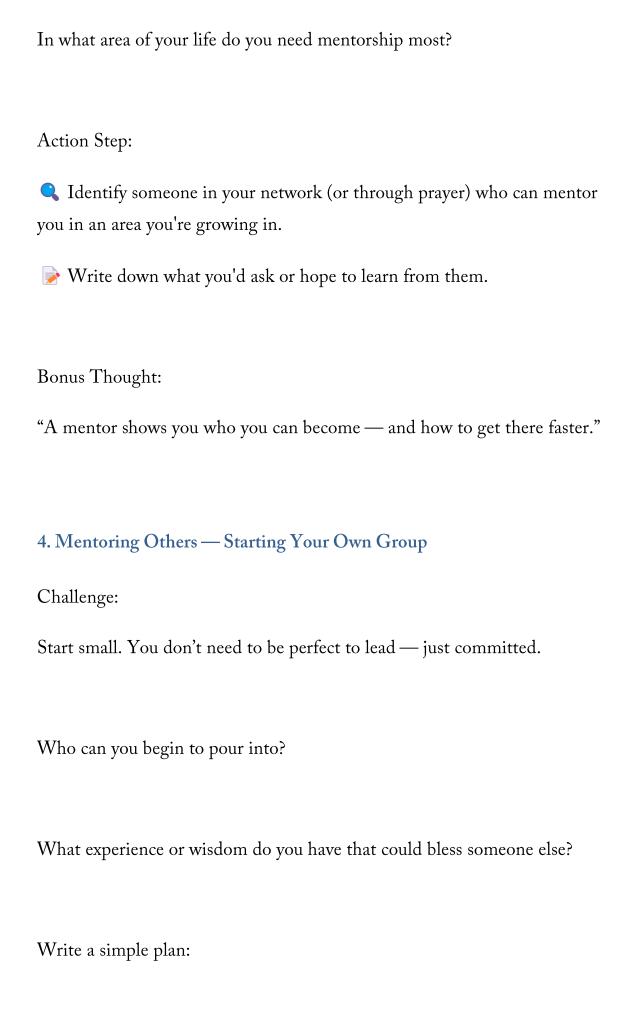
I express gratitude consistently.

I listen to understand, not just reply.

#### 3. The Power and Purpose of Mentorship

Reflection Questions:

Who is mentoring you right now?



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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?

Date for Review:

• How will I be more intentional about relationships from today?

#### Commitment Declaration:

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