

# Your Star LINE-UP

Who currently supports, encourages and energises you? Positive relationships are sometimes underrated in terms of stress reduction, motivation and inspiration. It is said that during our lives we spend the vast majority of our time with just **five people**, so it is important to choose wisely.

**In What area's of your life do you require a boost?**

_____	_____	_____
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**Which five people in your life currently make your star line-up?**

1. _____	2. _____	3. _____
4. _____	5. _____	

**Provide justification as to why this person makes your star line-up**

**Number 1:**

**Number 2:**

**Number 3:**

**Number 4:**

**Number 5:**