

Hater/Crab/Vampire Evaluator



Assessing Your Current Associations

This is about the amount of TIME you spend with people outside of your immediate household (spouse and kids) and your strict work interactions (those in your office, unless you spend time outside of work with them). Evaluate their level of success. *Scale of 1 – 5: (1) poor, (2) fair, (3) good, (4) very good and (5) excellent*

Name	Physical	Financial	Business/ Professional	Mental/ Attitude	Spiritual/ Loving	Family	Relationships	Lifestyle	Average
1.									
2.									
3.									
4.									
5.									
Average									

Average

Now, organize your associations into the following three categories:

1. Dissociations
2. Limited Associations
3. Expanded Associations.

Disassociations

Maybe you need to disassociate from someone in the chart above, or anyone else who is involved in your life to any degree, who has a negative influence on you—mentally, emotionally, attitudinally, physically or otherwise. These are people who have a negative effect on what you talk about, what you eat, drink, do, watch, listen to, etc.

Name

- 1.
- 2.
- 3.

Limit Associations

Who do you spend a significant amount of time with that you might need to pull back from a bit? They are a good person, but they aren't necessarily going where you want to go. They don't have the same ambition, drive and goals as you do in life. Too much time with them might keep you stagnant, or worse, drag you down a bit.



Name

- 1.
- 2.
- 3.

Expanded Associations

Based on your goals and the person you want to become, who do you need to be around more often? Who in your expanded sphere of influence can you find a way to spend more time with?

Name

- 1.
- 2.
- 3.

Mentorship

Additionally, consider where you can hire a coach, trainer or mentor to reinforce your accountability and accelerate your growth rate. You can also find mentors in books, CD programs, seminars, and most certainly @ 180 Degree Fitness.

Name

- 1.
- 2.
- 3.