

STEP FOUR
Build Your Tribe



5 Steps for Conquering Roadblocks
to
*Your Emotional
Power*



Truthful, Trusted, Others

WORKSHEET

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Whose Apple Dynamic Coaching and Consulting



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The power of all the emotional intelligence webinars, seminars, and training to which most of us have been subjected, is only realized after the class has ended. It occurs after that inspirational jolt fades. Long after the motivation ends, comes that golden phase called *transformation*. This is where we get to exercise our emotional intelligence muscles. It's where we build endurance and train ourselves to recognize and root out personal road blocks that will render all that training ineffective.

Why the Tribe?

Our blind spots are clearly evident to those in relationship with us. Not all of those individuals

have our best interest at heart and even fewer of them are willing to tell us truth when we are in the trenches. In fact, we are often not willing to hear truth when our emotions are rushing us into a road block. You need a tribe to keep you honest, accountable, and moving through the sometimes difficult transformation phase.

Use the following worksheet to create a blueprint for orchestrating your Emotional Intelligence Power Tribe. Refer to it as you create your list of truthful trusted others on whom you can rely for honest feedback right when you need it.

Tribe Worksheet

Answer the following questions to guide in orchestrating a purpose-driven mastermind alliance to empower and enlighten your emotional Intelligence journey. As you complete the exercise, consider all aspects of your life, career, and relationships.

Who makes you laugh?

Who makes you think?

Who challenges you?

Who inspires you?

Who are you tolerating?

Who is in your support team and how do they help you to learn, grow and reach your dreams?

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How much time do you spend with people you tolerate and how much time do you spend with your support team?

What changes do you need to make in your life as a result of this exercise?

You did it!
Congrat



Calculations

You Have A Blueprint for Developing Your Tribe of *Truthful Et Trusted* Individuals. Now on to conquering those Road Blocks!!