**List out the people you spend the most time with, then the qualities of a person that make you feel lifted and how you might be able to spend time more time with them.**

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| **Top 5 people you spend time with** | **Are they helping or hurting who you want to be?** |
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| **Qualities I admire in people** | **People I know with those qualities, ow can I spend more time with them?** |
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| --- | --- |
| **Qualities I should stay away from** | **People I know with those qualities, how can I spend less time with them?** |
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