



How to Be Intentional With Others

This worksheet will help you spot red flag and green flag people so that you can be intentional when choosing which people you want to spend your time with; which people will influence your life.

Name someone you spend a lot of time with.

How do you generally feel when you are with this person?

How do you generally feel after you have been with this person?

In what ways do you think this person shapes your thoughts, feelings, and actions?

How does this person generally react when something good happens in your life?

How does this person generally react when something bad happens in your life?

What do you imagine this person's life philosophy is? And does it complement your own? How?

Do this person's actions generally match their words? Jot down some examples.

How does this person generally react in challenging situations? Are they quick to place blame on others? Or do they take responsibility for their actions and seek solutions?



Does this person do their best to respect your needs? Or are they likely to lay a guilt trip on you if you make your needs known? Jot down some examples.



Does this person try to control your decisions by: criticizing your decisions, belittling your choices, or making passive-aggressive comments? Jot down some examples.



Does this person genuinely want what's best for you? Why do you think so?

Does this person challenge you to grow and develop? How?

Do you admire certain qualities of this person? Which ones?

Do you think this person admires you? In what way?

Based on the information you've just gathered, have you identified a red flag or green flag person?

If you've identified a red flag person, do you think you need to cut this person out of your life? And if you do, what's the first step you will take to go about it?

If you've identified a red flag person, but you can't cut this person out of your life or don't want to, what boundaries can you establish so that this person has less influence on your thoughts, feelings, and actions?

If you've identified a green flag person, do you need to make spending time with this person a priority? How? What's the first step you'll take?



Repeat as many times as you'd like for as many people as you'd like. If you follow through on and reduce the influences of the red flag people and increase the influences of the green flag people, I bet you will see amazing changes in your life!