

# Are the People You Associate with Good or Bad for You?

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## You Are The Product of The People You Associate With

Be very wary of seeking out the advice and mentorship of people who haven't overcome challenges or succeeded in the area where you want to go.

Too often, we seek out the advice of our family, friends or neighbors – who are often very willing to give their sage advice – yet what is their advice founded upon?

Is it fear based or success based?

Is it from a place of a person who is living the life you'd like to role model, or someone who is beaten up and overwhelmed?

There are people in the world who are real misery-guts. Life always seems to be bleak, they don't seem to notice the great things that surround them, and they don't seem to have much passion for life.

These people are often dream-stealers. Focusing on all the negative in life and not seeing how things could be improved.

### **Stop hanging around people who aren't going anywhere**

As you set about bringing your potentialities into reality, you will need to be very careful about the people you hang out with.

The people you associate with the most, have a significant impact on your life.

Are the people you hang out with, (either socially or professionally), people who are inspiring and inspired, motivating and motivated, dream weavers or dream stealers?

Are they the type of people who see great potential in others and are dedicated to helping everyone use more of their potential or are they people who are living a limited life?

An unfortunate flip side of unleashing more of your potential is that the people around you, who have not yet begun to grow may well feel threatened and may either consciously or sub-consciously try to hold you back.

The reason this occurs is that you are causing them to take themselves out of their comfort zone. And they don't like it. They'd rather hold you back then be confronted by their lack of dreams, their lack of willingness to get out of their own comfort zone and take the risk.

## **Choose the people you associate with and choose your success levels.**

Mark Victor Hansen, one of the authors of the Chicken Soup for the Soul series of books, tells a story about a time many years ago when he was presenting at a conference with Tony Robbins.

Tony was making approximately \$130 million per year and Mark was making \$1 million/year.

He said to Tony "We are doing the same thing – we both have a terrific message. Why is my income so much less than yours?"

Tony's reply was that he made a choice several years ago to start hanging out with billionaires. Mark decided to do the same and his income went vertically up.

Billionaires use their 24 hours better, think bigger, use mentors and they leverage other people who have unique skills that they do not.

This technique works in every arena of life. For example, I love the equestrian sport of Dressage. Whilst I'll never be a world-class rider (and have no ambition to be), I do want to continuously improve. By hanging out with really good riders, I've improved my capability because I pick up on subtleties of technique and thinking, that I can't pick up from lessons alone.

You can never climb a mountain alone. If you really do want to live, love and lead remarkably, then find people who will support you in your goals, people who will be your cheering squad, people who will help you find the hows to achieving your desires.

Don't say too much to people who are dream thieves. They will have all the reasons why it can't be done. Until you do it, then they'll ask for advice

Certainly, you can unleash your potential, even when you are surrounded by people who may not be the most conducive, or the most supportive, it is just a more difficult path.

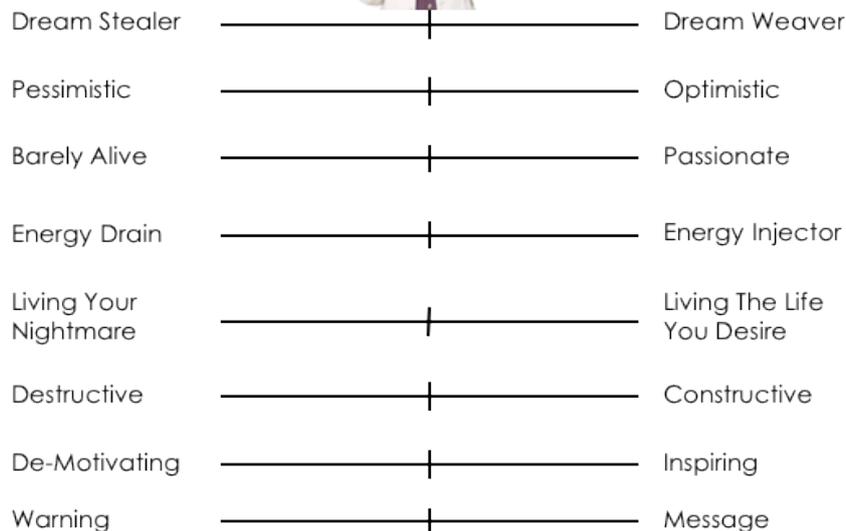
If you have to be around negative nellys, then you may need to shower yourself in motivation to get their energy off you. Listen to an inspirational audio or some great music, read something inspiring, contact someone who is in your support network.

# Turn off the negativity people. They will steal your dreams.



## Take Inspired Action: Who is Influencing Your life?

Think of people you regularly spend time with and place their initial where you feel the best fit each of the sliding scales. If you have people appearing consistently on the left hand side of the scale, you may want to find new people to spend the majority of your time with.





**Take Inspired Action:** Identify people who are heading where you want to go

Who can support you? Who has similar dreams to you? Who is heading toward, or arrived, where you want to be? How can you strike up a relationship with them?



## About/Contact Shelley Holmes

Using tools, tips, ideas and strategies that help them to be really clear about what is 'success critical' and how to get there fast, **Shelley guides leaders to flourish as they live, love and lead at a remarkable level** .... making the dent in the universe they are destined to.

For several years, Shelley was a key leader in a High-performance Organization (that had national and international recognition). It is this real-world experience that underpins and brings to life the theory and insights gained, from her deep study of high-performance leadership.

Around the globe, she has worked with organizations (with total revenues in excess of \$116 billion) and supports thousands of individual leaders through, coaching, consulting, workshops, webinars, audio programs and the Make A Dent Leadership website (which has over 5,000 visitors per day).

### Shelley's Philosophy...

Whether you like it or not, the way that you show up at work defines you as a human being.

On grand and small scales, the way you interact with others, the products and services you are a part of delivering, all roll together to become a part of the legacy that you leave behind. The way you deal with others, the things you teach them, that cause them to grow, and become a better version of themselves .... as individuals, work colleagues, leaders, and parents ... now that defines who you are!

There are hundreds of resources like this [Make A Dent Leadership](#) where you can join our community of leaders who are focusing on being inspired and inspiring and making their dent in the universe.

As a member of the [Make A Dent Club](#) you can get more ebooks and other resources like this for free.

## **You can connect with Shelley**

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