



# Your Revitalized Energy

## Supportive or Sabotaging?

It is important to have friends and family that are supportive. But they are not all going to be that way. That is why it is up to you to decide how and when you converse with them. You are Your priority, and choosing to be with people that help you feel good and help to be the person you want to be is a healthy transition.

Find out who you should be spending less time with, who you should stop seeing all together and who is part of your Support Team.

Name	How they Support	How they Sabotage	How I will interact with them from here on out