



Playbook

NETWORK

How to best use this playbook

- Print this Playbook and play with it.
- Do the exercises and explore the questions posted in each playbook. You will notice that when you start looking anew and when you explore the unexplored world you will experience a shift that will impact the outcomes you achieve.
- Think about it, but don't overthink it. Just write down your answers intuitively.
- If you missed the Reclaim Your Best Life session that the topic relates to, make sure you watch the recording and any other related videos before you embark on your play.
- Don't go it alone. If you get stuck at any time, ask for support in the Reclaim Your Best Life program Facebook group.
- Come and share your insights, experiences and outcomes with other women in your program in the Reclaim Your Best Life program Facebook group using the hashtag #character. If you want to have a real breakthrough in your play, do a Facebook live to the community!

Enjoy the play!



Build your network

"Call it a clan, call it a network, call it a tribe, call it a family: Whatever you call it, whoever you are, you need one."

Jane Howard

ABOUT NETWORK & RELATIONSHIPS

Like with your knowledge and experience, whilst you discover or reconnect to your talents and passions that are inside of you, you build your network and relationships over time.

Your network is not just a pile of business cards you have in your drawer or file. It is the number of people you know and who know you. And the trust and quality of relationships you have with them.

The more you want to have a fulfilled and happy life where you're really integrated and you are making a difference, the bigger the network and the higher the quality of your network needs to be. You cannot live life on your own.

The network you will build needs to be around your passions and purpose. The more people around you who share the same passion and are knowledgeable and inspired by your purpose, the more resources, the more opportunities, the more finances and information you attract. These are the people with whom you can naturally collaborate.

There are three elements that distinguish a great network. The first one is the quality of people inside your network. The second one is the frequency of your interactions. The more you interact with people in your network the stronger are the connections, the more trust you build. The third one is the quality of your interactions or conversations. You may talk about the weather or you can converse about inspiring ideas, discuss potential projects, exchange resources, information, or advice.

For you to build a flourishing and trusting network of relationships, you will need to invest time to grow and nurture it.



Questions to start with

List the 10 most important people in your life (People you spend most time with or people who you rely most on or who rely most on you)

- | | | | |
|----|-------|-----|-------|
| 1. | _____ | 6. | _____ |
| 2. | _____ | 7. | _____ |
| 3. | _____ | 8. | _____ |
| 4. | _____ | 9. | _____ |
| 5. | _____ | 10. | _____ |

What is the quality of life of these people?

What are your conversations with them?

If you were launching a new business tomorrow, who of your network / people around you would support you?



Inventory of your wealth network

Who in your network can you rely on to...

Support you

Provide you with opportunities and resources

Provide you with knowledge and expertise when needed



Inventory of your poverty network

Who in your network do you experience to...

Distract you

Discourage you

Have a negative impact on you



Reality check

Is there a gap between who you meet and have conversations with and what you are passionate about or committed to? Y/N

Do you invest time to build your network and relationships in the area of your passions, purpose and impact? Y/N

Do people in your network complement your talents, skills, knowledge and experience? Y/N

1. Where do your relationships and conversations match your purpose and passions?

2. Where do your relationships and conversations DO NOT match your purpose and passions?

The quality of your relationships and conversations with them will determine the quality of your life.



Stop signs

What prevents you from building your network and relationships and having quality conversations in the area of your passion or purpose?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Where do these reasons, concerns or beliefs come from? Are they necessarily true?

What would your life look like if you were no longer stopped by these reasons or concerns?

If you believed it was possible and worthwhile, what would you do?

Well done for taking on that deep enquiry! Come and share in the Reclaim Your Best Life Facebook group what you discovered about yourself and your knowledge using the hashtag [#network](#).