

## Practice: Audit Your Tables

One of the most powerful exercises during periods of transition is surprisingly simple:

Look closely at the “tables” you currently sit at.

Not only physically, but emotionally and mentally.

Because the people around us influence what we normalize, what we believe is possible, and ultimately the direction we move toward.

Take a moment to reflect honestly on the environments, conversations, and relationships currently shaping your thinking.

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## Audit Your Tables

### 1. Who are the five people or environments influencing me most right now?

Person /  
Environment

How do I feel after spending time  
there?

Expanding or Limiting?

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### 2. What kinds of conversations surround me most often?

- Survival and problems
- Growth and possibilities
- Fear and limitation
- Leadership and ambition

- Complaining and frustration
  - Learning and development
  - Other: \_\_\_\_\_
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### 3. What do the people around me normalize?

Do they normalize:

- growth?
- ambition?
- self-doubt?
- burnout?
- leadership?
- fear of visibility?
- possibility?
- staying small to stay comfortable?

Write your reflections:

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### 4. Which environments help me grow into the future I want to create?

Think about:

- communities
- leadership circles
- mentors
- professional networks
- learning spaces
- inspiring conversations
- people already living at the level you aspire to reach

Write down three environments you want more of:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

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## **5. What table do I need to leave or stop shrinking myself within?**

Sometimes growth is not only about entering new rooms.

Sometimes it is about recognizing which environments no longer allow you to expand.

Write honestly:

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## **Final Reflection**

Your environment shapes your thinking.

Your thinking shapes your decisions.

And your decisions shape your future.

Growth often begins the moment you allow yourself to sit at different tables.