Your Lifeboat Plan Name _____

To answer the question “Who’s in my lifeboat?” start by making a list of your 10-25 closest friends and ask yourself: Which of Aristotle’s friend categories apply for each person? (Remember one person can be all three types.)

How does the balance look overall? Review “What’s My Type” in this chapter to see if your friends are weighted in any one category.

Now, write down the names of a few people in your life that you would like to invest more time and energy with (we’ve found 5-8 people is most manageable). If that feels like too many, pick one person to start. This group can and will be dynamic. Friends change as life changes.

Friend	Useful	Fun	Good

Friend	Useful	Fun	Good

Friends you'd like to invest more time in: Your Lifeboat Friends