

Expand Your Circle of Nice

Pull out four blank pieces of paper and create the following four lists:

1. **Your current circle of influence.** List everyone you come in contact with on a daily basis, even if you don't know their names or actually speak to them.
2. **Your current circle of nice.** List the individuals to whom you've already made a conscious decision to be nice. Next to each of their names, list the *specific actions* you take to care for these people. How do you let them know they're included in your circle of nice?
3. **Your immediate goals: The people you want to add to your circle of nice right now.** List the individuals or groups of people with whom you have contact but haven't yet added to your circle of nice. Make a conscious decision to take actions toward including them in your circle of nice.
4. **Your long-range goals: The people you want to add to your circle of nice in the future.** These people are *not* in your circle of nice, and you aren't quite sure how to add them, or whether you even want to add them yet. Choose one person from this list to begin moving into your circle of nice.