

The Make Me Feel Good Planner™

You only have so much time each day and life can be stressful the last thing you need is to spend your precious time with people that bring you down.

Use The Make Me Feel Good Planner to list all of the people you would like to spend more time with in your life. Rewrite the form every few months to focus on who you want to see. Only spend time with the people that make you feel either good or great, are nice to your kids, and make you laugh and smile. Use this form for relatives, friends and business associates.

- 1) **List all of the people you spend time with and the people you don't spend much time with but would like to see more often that make you feel either Great, Good or Okay.**
- 2) **Next to the Goods and Greats, mark down the best next step - Call to say hi, etc.**
- 3) **When you want to make plans start with Greats and Goods - let the Okays call you.** You may hear from someone who truly makes you feel Awful or bump into them on the street. When that happens make small talk, be polite, but never initiate plans. If they say "let's get together for lunch", say let's do that one of these days and leave it at that.

Here are some examples:

Name Friend, Family, Business	How they make me feel Great, Good, Okay	Next step Action
Susan Smith	Great	Call for lunch
Jill Adams	Okay	
Sandy and Mark Jones	Good	Make plans w/kids
Bill Rogers	Okay	
Tony Samuels	Great	Call for movie or dinner
Joe Taylor	Good	Catch up

