

Niamh Mitchell

life coach

Instructions: With yourself in the centre place the people who on your VIP list in circle closest to you. It's up to you how many people make into your inner circle but reserve it for the most important people in your life, there is plenty of room in the outer circles for everyone else. If you are having trouble deciding whether or not to include someone bring them to mind, inner circle people usually generate warm feelings, even when you're angry with them.

