



## Relationship Map

To become more aware of our relationships, we lay them out on a map. You can do this exercise both for your professional network as for your personal life with family and friends.

### Step 1 Current situation

Map out where your relationships are at the moment. The people closest to you, go on band 1, the further removed, the more to the outside they go.

### Step 2 Future situation

Add arrows of where you would like people to be. Some people may move in, if you would like a closer relationship with them, others may move out if they are toxic or would not offer support for the path you are on.

### Step 3 Make an Action Plan

For each person with an arrow, make an action item. What will you do, by when to influence where the person is situated on your relationship map.

Name	Task	Timeframe
e.g. Peer colleague working on an interesting project	Set up a coffee date	By the end of this week

### Step 4 Review Relationship map

Either 3 months or 6 months out, review your relationships and how much progress you have made against your action plan