

MODULE 4

THE IMPORTANCE OF A TRIBE

INTRODUCTION

Learning to create the right tribe for you, and understanding the purpose of the tribe, a place of authenticity, a wall of support, accountability and feedback. Targeting people who are always putting themselves last or trying to prove their worth.

We don't get to greatness on our own. You need mentors, coaches and sometimes therapists to get out of your own way to move past the barriers and reach your potential.

ASSIGNMENT

As you build your tribe, ask these questions of yourself first:

- **Does their walk match your beliefs, talk and walk?**
- **What does your gut whisper?**
- **Should they be deleted?**

Choose 4 members to be in your tribe.

- **What do you tell them?**
- **What do you depend on them for? L**
- **List characteristics of tribe. For example, Physical, Fitness minded, positive, a step ahead of you, consistent.**