

MODULE 4 | LESSON 5

TRACK YOUR TRIBE

Katie Rodriguez, Nutritional Consultant



HOW STRONG IS YOUR
SUPPORT SYSTEM?

*“We are the average of the five people
we spend the most time with.”*

– Jim Rohn

With Whom Do You Spend Most of Your Time?

- Keep the list to five people or less
- Don't forget to consider the people you spend time within your workplace
- Take note of how this list of friends, family, and associates makes you feel





How Do They Make You Feel?

- Do you feel stimulated and empowered by your friends and associates?
- Do you feel surrounded by people that support your growth and accomplishments?

“YOUR VIBE ATTRACTS YOUR TRIBE”

The opposite of addiction is connection.

—Johann Hari of TED Talks

HUMAN CONNECTION IS VITALLY
IMPORTANT TO YOUR HEALTH AND
HAPPINESS.



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WHERE TO BEGIN?

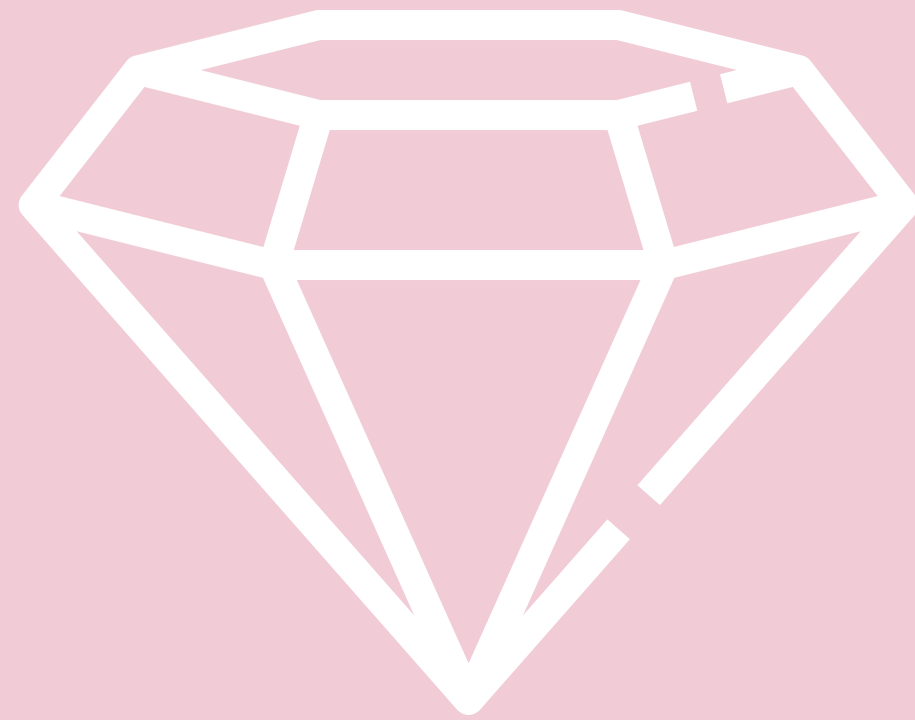
- Download Meetup
- Participate in wellness events
- Join a co-op or club
- Volunteer your time and energy for causes you care about.
- Strike up a conversation



KETO CRUSH FACEBOOK GROUP

**Meet like-minded individuals
within our closed FB group**

- Sharing experiences
- Asking questions
- Celebrating your journey



ACTION STEP:

Go Out of Your Way to Meet Someone New

Whatever it is that you're seeking in life, put yourself in a position to meet people that are likely seeking the same.

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