



My Associations

Professionally	L/D/E	Personally	L/D/E	Socially	L/D/E
1. _____	_____	1. _____	_____	1. _____	_____
2. _____	_____	2. _____	_____	2. _____	_____
3. _____	_____	3. _____	_____	3. _____	_____
4. _____	_____	4. _____	_____	4. _____	_____
5. _____	_____	5. _____	_____	5. _____	_____
My EXPAND list:		My EXPAND list:		My EXPAND list:	
1. _____		1. _____		1. _____	
2. _____		2. _____		2. _____	
3. _____		3. _____		3. _____	

L=Limit Association, D= Disassociate, E=Expand Association