



Your square squad

- Dr Brene Brown's Square Squad
"Get a one-inch square piece of paper and write down the names of the people whose opinions matter to you. It needs to be small because it forces you to edit."
- The people in your square squad should be those people whose opinions matter the most to you.
- These are the people:
 - We trust
 - We love
 - Who don't need us to be anything other than our real or authentic selves



TIPS:

- **Connect** with the people in your square squad on a regular basis.
- **Reflect** on what makes the people in your square squad to important to you.
- **Be deliberate** about who in your square squad you reach out to and why.