

# THE POWER PLAY OF THE WEEK

Shareable action-oriented ideas to help grow your business  
and your leadership team.

## THE PLAY OF THE WEEK

There's a saying: *"You are the average of the five people you spend the most time with."*

I've seen this firsthand with business leaders who, despite their success, often feel isolated and believe they have no one to talk to about their struggles. These feelings are more common than you might think, and the solution lies in community.

I've watched leaders from different industries come together, shed their imposter syndrome, and discover they're not alone.

It's a reminder that having a supportive community can change everything. When you're surrounded by people who truly get it, you grow faster and handle challenges better.

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## GET ON THE ICE

Here are a few key questions to help you find or build your own support network:

1. Do you have a group of people you can have real, honest conversations with?
2. How often do you check in with your support team?
3. If you don't have this group yet, who are the people you admire and trust enough to start one?

Take action today—reach out, build connections, and form your community.

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## QUOTE OF THE WEEK

*"The people you surround yourself with influence your behaviors, so choose friends who have healthy habits."*

— Dan Buettner