



## Getting the Reps with: Olympian Jessica Mendoza

### My Board of Directors

#### Key Takeaways

- Your friends are going to help dictate your decisions. Surround yourself with people who are going to help you in your pursuit of your goals.
- Ask yourself: Who are the people that I'm allowing to influence who I am?
- A company has a Board of Directors made up of their top advisors. You're basically running the "You Corporation", which is the most important one.
- Be conscious of the people you surround yourself with. And it's okay to eliminate some people from that group. You want people who will tell you the truth and also have a real understanding of who you are.

#### Things to Think About

- Who's on your "Board of Directors" right now?
- Do you feel like you're surrounding yourself with people who know you and who will help you reach your goals?

#### Ways to Practice

- Make a list of the people who you think have the biggest influence on your decision-making.
- Make a list of the goals that are most important to you right now. Do the people on the first list help you achieve what's on this one?

