



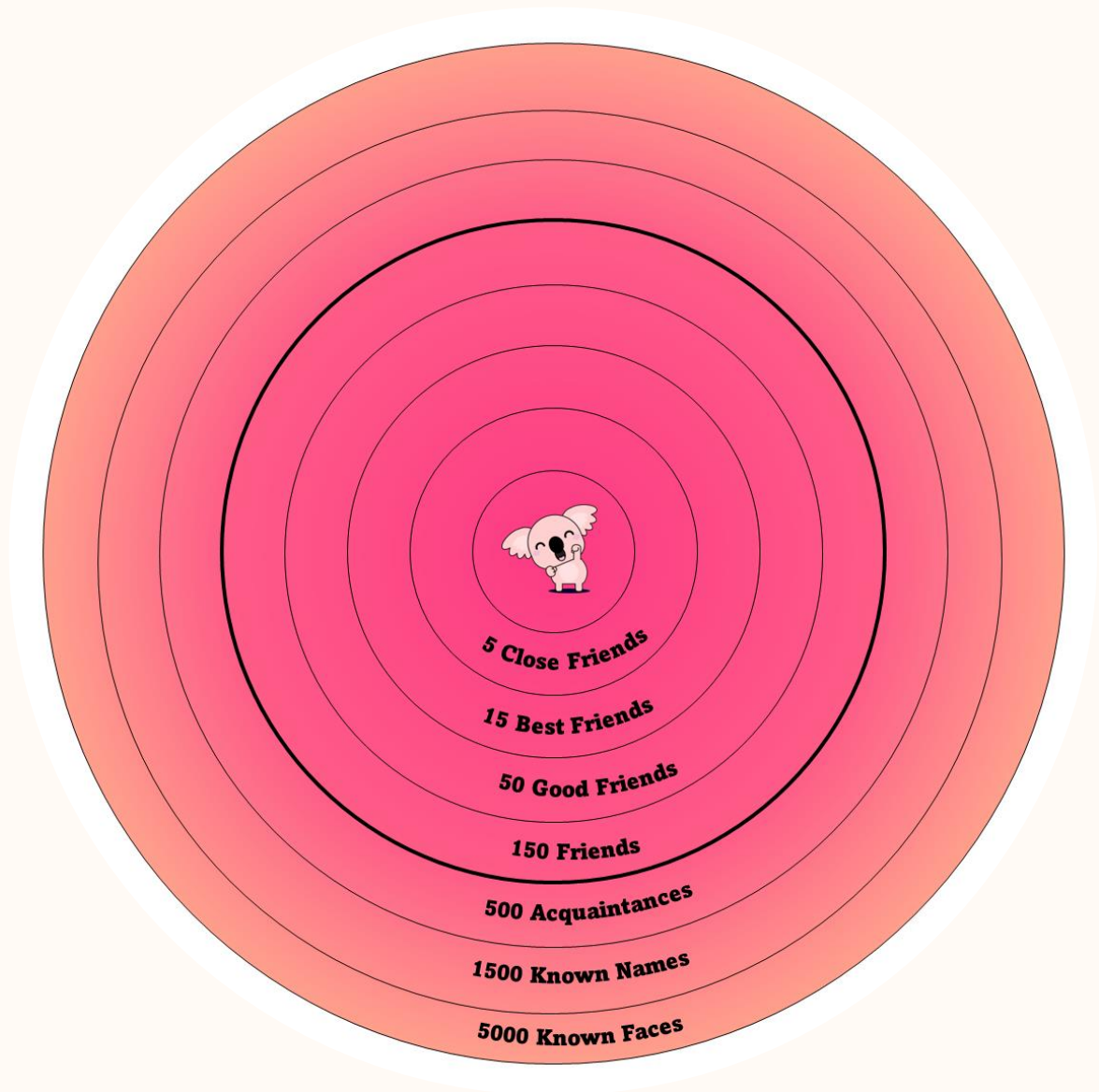
LUMHAA SOCIAL CIRCLE AUDIT

Focus on the relationships that matter most

Why this matters

Psychologists argued that we can only maintain a limited number of meaningful relationships at a time. While there is some disagreement on what that exact number is, the most cited one is Dunbar's Number.

British evolutionary psychologist Robin Dunbar argued that **humans can maintain a maximum of about 150 meaningful relationships at a time**. He also argued that meaningful relationships had different levels, with the following limits:










This guide is designed to help you audit each relationship in your closest circles, so you can focus on the people who matter most

Instructions

This guide was set up for 50 relationships, but you can add more pages or re-use it if you want to do a more thorough audit. To use this guide, you can fill the colored boxes with the names of people in your network, and then answer 3 questions about each person. Here are the questions and their keys:

WHICH SOCIAL CIRCLE THIS PERSON FITS IN FOR YOU

-  **I:** Intimate Circle, this person is basically a part of me
-  **L:** Loved One, I'd do anything for them
-  **BF:** Best Friend, this person is very special to me
-  **GF:** Good Friend, I really care about this person
-  **F:** Friend, I care about this person
-  **A:** Acquaintance, I know this person well
-  **O:** Own Category, you can make this anything you want :)

HOW THEY MAKE YOU FEEL



Loved



Happy



Content



Meh



Sad



Terrible



Exhausted

HOW IN TOUCH YOU ARE



Not at all



Rarely, on special occasions



Sometimes



Quarterly / many times a year



Monthly

























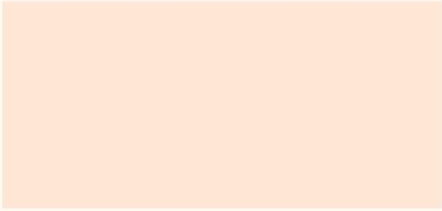























































































Weekly / many times a month



(Almost) every day

Pro Tip: Circle your current and aspirational level of staying in touch with each person, so you can set some relationship goals :)

People

	I	L	BF	GF	F	A	O
	  	  	  	  	  	  	  
	  	  	  	  	  	  	  
	  	  	  	  	  	  	  
	  	  	  	  	  	  	  
	  	  	  	  	  	  	  

Notes



People

I L BF GF F A O



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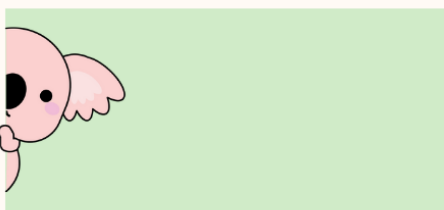
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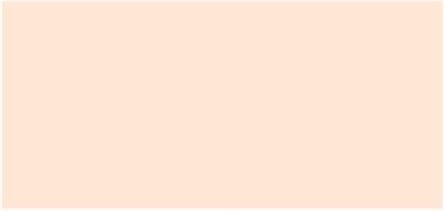

























































































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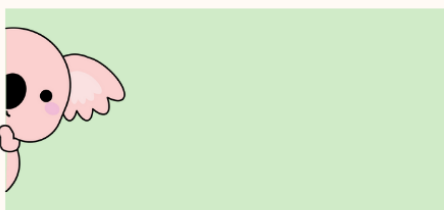
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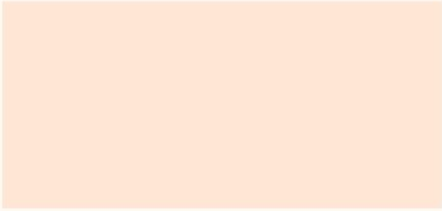

























































































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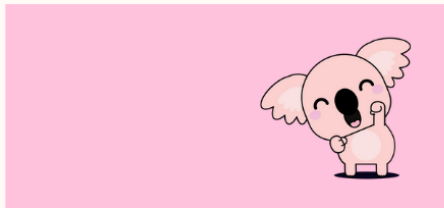
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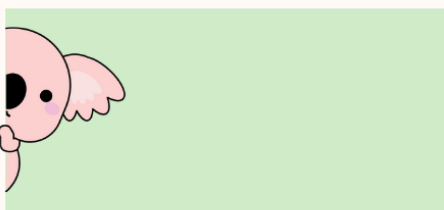
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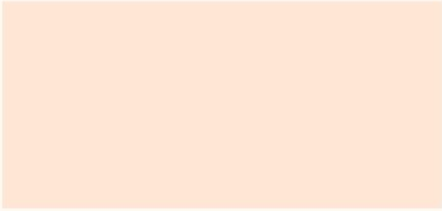

























































































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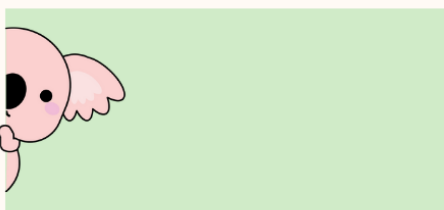
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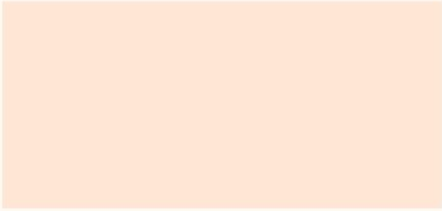

























































































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Lumhaa Social Circle Audit

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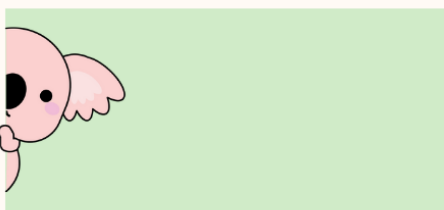
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Notes



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