



**How to**  
**Remove Toxic People**  
**From Your Life**

C H E C K L I S T



# How to Remove Toxic People From Your Life

## CHECKLIST

If you're evaluating a friendship or considering pursuing a friendship with an associate, here's a quick checklist of some of the qualities that would help form a positive mutual relationship. The more in the "yes" category, the better.

**Remember:** *You choose your friends, so choose well!*

	YES	NO
Do you admire this person?	_____	_____
Do you have many things in common with them?	_____	_____
The same background?	_____	_____
Shared religion or beliefs?	_____	_____
Similar political views?	_____	_____
Shared experiences?	_____	_____
Do they present themselves well to others?	_____	_____
Intelligent?	_____	_____
Considerate of others?	_____	_____
Clean and dresses well?	_____	_____
Polite?	_____	_____
Talks without cursing?	_____	_____
Do you enjoy being around them?	_____	_____
Fun?	_____	_____
Good sense of humor?	_____	_____
Devoid of habits that annoy you?	_____	_____
Positive outlook on life?	_____	_____
Do they have traits you'd like to have someday?	_____	_____
Can you both benefit from the relationship?	_____	_____