



MY SUPPORT NETWORK

EXERCISE 1 (Use more papers if you need)

1. Who's on your side? Which people can you turn to when you need support?

- #1 _____
- #2 _____
- #3 _____
- #4 _____
- #5 _____
- #6 _____
- #7 _____
- #8 _____
- #9 _____
- #10 _____

2. If you have a specific goal you are trying to accomplish - which people can help you with it? Which communities can you join?

- #1 _____
- #2 _____
- #3 _____
- #4 _____

ARE YOU STUCK? IS THERE SOMEONE IN YOUR SUPPORT NETWORK WHO CAN HELP YOU?

*CONSIDER ALSO – IS THERE SOMEONE IN YOUR NETWORK **YOU** CAN HELP?*

FOCUS ON WORKING IN COOPERATION WITH OTHERS TO ACCOMPLISH YOUR GOALS.