

DEVELOPING YOUR SUPPORT SYSTEM

Think about the people you know and the kinds of support you might need to reach your goals.

Who might be willing and able to provide the kinds of support listed in the column headings? Fill in names in appropriate spaces below.

Caring about your general well being	Respecting and admiring you	Coaching and advising you	Challenging you when you need this	Encouraging you to maintain your health	Doing fun things together with you	Willing to discuss personal/emotional issues	Engaging in interesting conversations with you	Supporting your spiritual interests and growth	Other:

As you review what you have written, consider the following questions:

1. Are you satisfied with the numbers and types of people who are available to be part of your support system?
2. Are all of the individuals named in your chart aware that they are part of your support system? If not, would it make sense to invite them to be a part and tell them why you thought of including them?
3. What are 3 actions you could take to expand and/or solidify your support system? Jot those down here and include by when you will take action.