

SUPPORT SYSTEMS

Life Skills

WHERE CAN WE LOOK FOR SUPPORT?

At this point in the program, you have probably started to realize that there are ways in which our personal community supports our success and ways in which it detracts. Identifying our support system and understanding that different individuals/groups/activities influence our success in various ways is important. Sometimes, knowing who to call upon when we need support can be a crucial success strategy.

WHO MAKES UP MY SUPPORT SYSTEM?

In each column make a list of the supporters (or detractors) that show up in your life in the various ways. If someone can be placed in more than one box, think about where they show up the most.

LISTENERS	ADVICE GIVERS
DISTRACTIONS	UNDERSTANDERS & PEOPLE THAT CAN RELATE