CREATING A CIRCLE OF FAMILY AND FRIENDS who are interested in your progress can help you continue to reach your goals.

- Write the names of people who want to help you succeed. Think about people who have been helpful to you in the past, are helpful to you now, or could be helpful to you in the future.
- Identify possible supports from work (or school), family, friends, neighbors, and other areas of your life.
- Talk and meet with people in your support network often. Plan for support!
- Share your long-term goals and ask your supporters to help you keep moving in the right direction.
- Share your short-term goals and the progress you make each week.
- Listen to supporters and ask them for ideas about overcoming barriers.
- Accept your support network’s encouragement. You will be building a warmer world around you!

MY SUPPORT NETWORK

FAMILY:

__________________________

__________________________

__________________________

FRIENDS:

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__________________________

__________________________

WORK:

__________________________

__________________________

__________________________

OTHER SUPPORT PEOPLE IN MY LIFE:

__________________________

__________________________

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