Building a Support Network

Directions: Identify at least one support person in each area of your life.

Support People:

Name: _______________ Phone: _______________ Email: _______________

1. ________________________________________________________________
2. ________________________________________________________________
3. ________________________________________________________________
4. ________________________________________________________________
5. ________________________________________________________________
6. ________________________________________________________________

***Make sure these people are added to all of your contact lists (i.e.,
facebook, twitter, emailing, texting or calling, etc.).