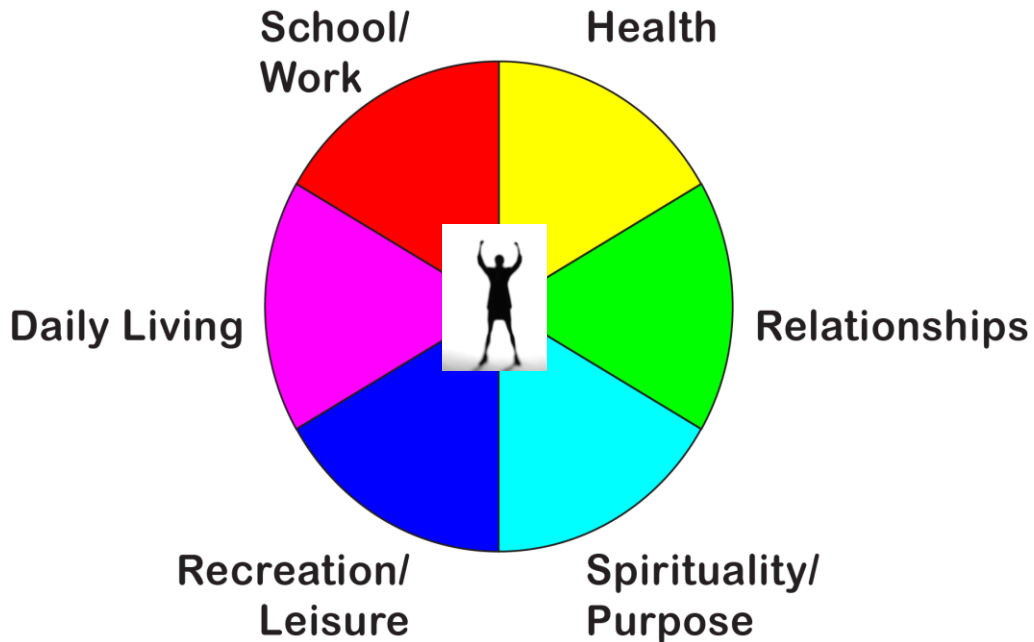


Building a Support Network

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.).