Empacar para el viaje:

**Desarrollo de tu red de apoyo:**



**¿Qué cambio planeas hacer?**

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**¿Conoces a otras personas que hayan logrado este objetivo?**

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**¿Hay algún modelo a seguir con el que te puedas identificar?**

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**¿Qué habilidades/conocimientos/atributos tienes que te ayudarán mientras trabajas para hacer este cambio?**

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**¿Hay alguien en tu red social actual que posea alguna de estas habilidades/conocimientos/atributos? (Considere a familiares inmediatos, parientes, amigos, vecinos, conocidos, compañeros de trabajo, etc.)**

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**Si eligieras un mentor de esta lista, ¿quién sería?**

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**¿Cómo le pedirías apoyo a esta persona?**

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**¿A quién conoces que pueda vincularte con alguien que haya experimentado un desafío similar?**

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**¿Qué apoyo necesitas para lograrlo?**

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**¿Hay alguien en la(s) lista(s) anterior(es) que pueda proporcionar el apoyo que necesitas?**

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**¿Qué habilidades/conocimientos/atributos quieres adquirir para ayudarte a lograr este objetivo?**

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**¿Hay algún modelo a seguir con el que te puedas identificar?**

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**¿Hay alguien en tu red social actual que posea alguno de estos?**

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**Si eligieras un mentor de esta lista, ¿quién sería?**

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**¿Cómo le pedirías apoyo a esta persona?**

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**Piensa en los otros lugares donde puedes encontrar quien te brinde apoyarte. (Comunidad de fe, voluntariado, clubes, organizaciones, escuela, etc.)**

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**¿Quién en cualquiera de estos lugares se destaca como alguien con quien te gustaría cultivar una relación de apoyo?**

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**¿Cómo discutirá esto con ellos?**

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**¿Cuál es tu plan para cultivar tu red de apoyo?**

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**¿Hay alguien en tu red social que pueda ser un obstáculo para tu progreso? (Personas que tienden a ver las cosas de manera negativa, hablan de dudas sobre tus planes, sabotean tus esfuerzos, disminuyen tu confianza, etc.)**

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**¿Cómo puedes reducir tu contacto con esta (s) persona (s)?**

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**Lista de contactos de la red de apoyo:**

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| **Nombre** | **Tipo de apoyo** | **Información de contacto** |
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