Packing for the Journey:

**Developing your Support Network:**



**What change are you planning to make?**

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**Do you know other people who have achieved this goal?**

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**Is there any role model you can identify with?**

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**What skills/knowledge/attributes do you have that will help you as you work to make this change?**

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**Is there anyone in your present social network who possesses any of these skills/knowledge/attributes? (Consider immediate family, relatives, friends, neighbors, acquaintances, co-workers, etc.)**

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**If you chose a mentor from this list, who would that be?**

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**How would you ask this person for support?**

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**Who do you know who can link you to someone who has experienced a similar challenge?**

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**What support do you need to get this done?**

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**Is there anyone on the above list(s) who can supply any of the support you need?**

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**What skills/knowledge/attributes do you want to acquire to help you achieve this goal?**

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**Is there a role model you can identify with?**

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**Is there anyone in your present social network who possesses any of these?**

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**If you chose a mentor from this list, who would that be?**

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**How would you ask this person for support?**

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**Think of the other places you can find supporters. (Faith community, volunteering, clubs, organizations, school, etc.)**

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**Who at any of these places stands out as someone with whom you would like to cultivate a supportive relationship?**

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**How will you discuss this with them?**

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**What is your plan for cultivating your support network?**

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**Is there anyone in your social network who might be an obstacle to your progress? (People who tend to view things negatively, speak doubt over your plans, sabotage your efforts, dampen your confidence, etc.)**

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**How can you reduce your contact with this person/these people?**

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**Support Network Contact List:**

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| **Name** | **Type of Support** | **Contact Information** |
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