



BUILDING A SUPPORTIVE NETWORK WORKSHEET

LIFELINE *lineup*

Consider the various forms of support you might require in your life, such as emotional backing, practical aid, professional counsel, and any other assistance you seek. Reflect on those in your life who provide support in these areas. Jot down the names of individuals you trust and rely on for assistance in each category.

EMOTIONAL SUPPORT

Name(s) of Individuals:
Relationship to You:

PRACTICAL ASSISTANCE

Name(s) of Individuals:
Relationship to You:

PROFESSIONAL GUIDANCE

Name(s) of Individuals:
Relationship to You:

OTHER (SPECIFY)

Name(s) of Individuals:
Relationship to You:

Are there any areas where you feel your support network is strong?
Any areas where it could be expanded or strengthened?

Do you have a balance of support from different types of relationships
(e.g., family, friends, colleagues)?



BLAST

from the past

Think about individuals from your past whom you would like to reconnect with. Consider old friends, acquaintances, or colleagues who may have drifted apart over time. Write down the names of these individuals, reasons for reconnecting (potential benefits or value of the relationship), and plan to initiate communication (through message, call, or email).

CONTACT 1

Reason:
Mode of Connecting:
Content to Write/Speak:

CONTACT 2

Reason:
Mode of Connecting:
Content to Write/Speak:

CONTACT 3

Reason:
Mode of Connecting:
Content to Write/Speak:

CONTACT 4

Reason:
Mode of Connecting:
Content to Write/Speak:

Reflect on the process of reconnecting with individuals from your past. Consider any challenges or hesitations you may have encountered, as well as the potential benefits of reestablishing these connections. Write down your reflections in the space provided below.



NETWORK

navigator

Think about specific actions you can take to reach out to new people and cultivate relationships outside your current network. Consider opportunities for networking, community involvement, or shared interests. Write down at least two actions you can take in the spaces provided:

ACTION 1

Who are potential new contacts?
How will you initiate contact or engagement?
When will you take this action?
How will you follow up or maintain this connection?

ACTION 2

Who are potential new contacts?
How will you initiate contact or engagement?
When will you take this action?
How will you follow up or maintain this connection?

Insights and Realizations

Additional Actions for Future



The Mind Garden
bloom where you're planted

SPREADING

joy via service

Volunteering brings people together to help others, creating a caring community where everyone supports and uplifts each other through teamwork, kindness, and a shared commitment to making the world a better place.



SELECT A VOLUNTEER OPPORTUNITY

Choose one volunteer opportunity that resonates with you.
Write down the name of the opportunity and briefly describe what it entails.

REASON FOR INTEREST

Reflect on why this particular volunteer opportunity interests you.
Consider how it aligns with your personal values, passions, or goals.

NETWORKING BENEFITS

Think about how volunteering in this opportunity could help you connect with others who share similar interests or values.