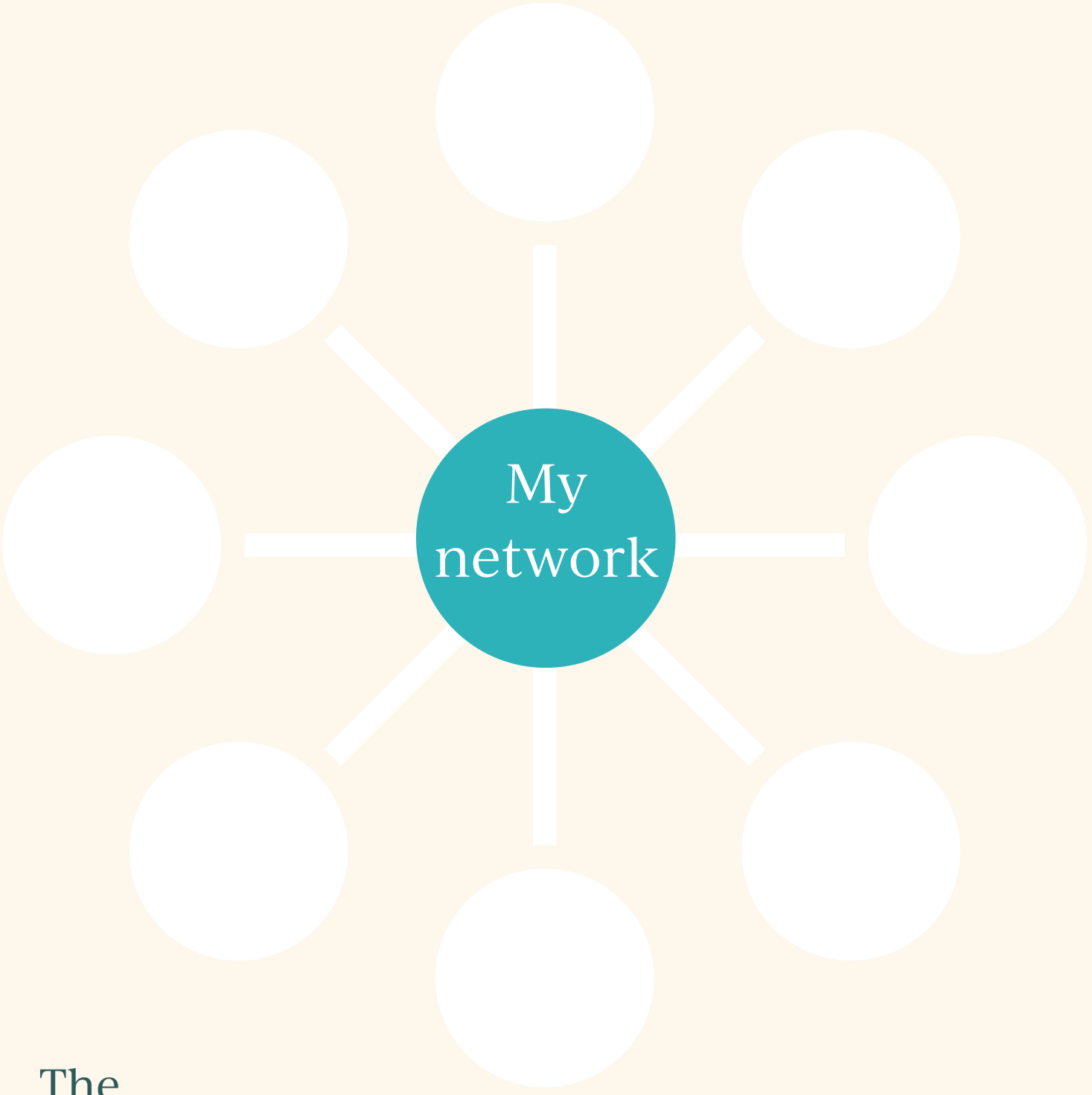
Support *Network*

It is important we have a range of people around us, whether they are cheerleaders, challengers, inspirations, or as emotional support.

Take a moment and think about the people in your life who make up your support network. These can be people who support you emotionally, in work, within the family, as a parent and any other part of your life. Write their names below:



Support *Network*

For each of the people you listed, write below how they support you, and in what (if any) areas you feel they are unsupportive:

1

What areas do they support you in?

What areas do you feel unsupported by them?

2

What areas do they support you in?

What areas do you feel unsupported by them?

Support *Network*

For each of the people you listed, write below how they support you, and in what (if any) areas you feel they are unsupportive:

3

What areas do they support you in?

What areas do you feel unsupported by them?

4

What areas do they support you in?

What areas do you feel unsupported by them?

Support *Network*

For each of the people you listed, write below how they support you, and in what (if any) areas you feel they are unsupportive:

5

What areas do they support you in?

What areas do you feel unsupported by them?

6

What areas do they support you in?

What areas do you feel unsupported by them?

Support *Network*

For each of the people you listed, write below how they support you, and in what (if any) areas you feel they are unsupportive:

7

What areas do they support you in?

What areas do you feel unsupported by them?

8

What areas do they support you in?

What areas do you feel unsupported by them?

Support *Network*

You now have an audit of the people who are your go-to for different, important areas of your life, and a clearer idea of those that might not be the best support in certain situations. This will enable you to curate the details you share with different people so you get the most constructive support when you need it.

You may have found that his exercise has highlighted areas where you are thin on support. For example, maybe the current people in your network don't understand your business ambition or why you have chosen certain paths.

The space below is for you to consider how you can evolve your support network to make sure you have the right balance of support.

Areas I need a better support network:

Looking at the list above, consider all the ways you could find people to support you in these areas. For example, networking events or online forums, organising a parents coffee group, or joining a local support group. Get super creative!

Proactively building our support networks is really important, especially as we transition through different stages of our life and career. Use these sheets to help manage and build your unique support network and get the best balance of support in your life.