SUPPORT NETWORK PLANNER

A Little Place Called home

Support Network Planner

Part 1: Identifying Your Support Network

Immediate Family:
- List family members who provide support.

Close Friends:
- Identify friends you can turn to for support.

Colleagues or Classmates:
- Mention supportive individuals from your workplace or educational setting.

Mentors or Advisors:
- List mentors or advisors who guide and support you.

Supportive Organizations or Communities:
- Identify any clubs, groups, or organizations you are a part of for support.

Part 2: Roles and Strengths

For each individual or group, describe their role and the type of support they offer:
- (e.g., Family provides emotional support, Friends offer a listening ear, Colleagues assist with professional advice, etc.)

What strengths or qualities do these individuals or groups bring to your support network?

Part 3: Communication and Engagement

How often do you communicate with your support network?
- (e.g., daily, weekly, monthly)

What are your preferred methods of communication with your support network?
- (e.g., in-person, phone calls, text messages, emails, social media)

How do you engage with your support network in times of need?
- (e.g., do you reach out for advice, share your concerns, or simply seek companionship?)

Part 4: Expanding Your Support Network

Are there areas in your life where you feel you need additional support or new connections?
- (Yes/No)

Identify areas where you'd like to expand your support network:
- (e.g., professional development, hobbies, personal interests)

List potential steps or actions you can take to expand your support network in these areas:

This Support Network Planner provides a structured format for individuals to identify and evaluate their existing support network, including family, friends, colleagues, mentors, and supportive organizations. It also encourages individuals to consider areas where they may want to expand their support network and develop an action plan to do so. It's a valuable tool for building a strong support system.