**Who Makes Up Your Support Team?**

The purpose of this activity is to identify who you have drawn support from over the years. Looking at your life story, think about the times when you have needed support from others. Who did you turn to?

Questions to consider as you identify your support team:

* Who listens to you when you need someone to talk to?
* With whom do you share good or bad news?
* Who appreciates you?
* Who stands up for you, even when they might not totally agree with your point of view?
* When you need advice, to whom do you turn?
* When you have a problem, to whom do you turn?
* Who helps you make decisions when you need to think through options and consequences?

|  |  |
| --- | --- |
| **Spouse/Life Partner and Family Members** | **Closest, Trusted Friends** |
|  |  |
| **Coaches and Mentors** | **Close Associates** |
|  |  |

Your support team should be anchored by at least one person with whom you can be completely vulnerable and open, to whom you can expose all your flaws and still be accepted unconditionally. Often this person is the only one who can tell you the honest truth when it really matters. Highlight that person.