

## Creating a Supportive Network Worksheet

*Purpose:* This worksheet will help you assess the people in your life who offer emotional, practical, and social support, and it will guide you in identifying ways to strengthen or build your network for greater well-being.

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### Step 1: Assess Your Current Support Network

#### 1.1. List the people you currently turn to for support:

Think about the people who provide emotional, social, or practical support. These might include friends, family, coworkers, mentors, or professional advisors.

Name	Type of Support (e.g., Emotional, Practical, Social)	How They Help
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#### 1.2. Evaluate the balance of support you receive:

- Do you feel like you receive enough emotional support? (Yes/No)
- Do you have enough practical help when needed? (Yes/No)
- Are there social connections you are missing? (Yes/No)

### Step 2: Identify Gaps in Your Support Network

#### 2.1. What areas of your life do you feel you need more support in?

- Emotional support
- Practical support (e.g., help with tasks)
- Social interaction and connection
- Professional or career support
- Other (specify):

## 2.2. What types of people or resources could fill these gaps?

- Support groups (online or in person)
- Professional mentors or coaches
- Colleagues or networking groups
- Family members
- Friends with shared interests
- Therapy or counseling services

## Step 3: Strengthen and Build Your Network

### 3.1. Action Plan:

Based on the gaps you identified, create an action plan for reaching out or strengthening connections in the following areas:

Area for Support	Action Step	Timeline	Person/Group to Contact
Emotional support			
Practical support			
Social interaction and connection			
Professional or career support			
Other			

### 3.2. Make an effort to engage with at least one new person or group in the next month.

Who could you reach out to? What is your plan for initiating that connection?

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## Step 4: Reflection

### 4.1. How do you feel about your support network now compared to before filling out this worksheet?

(Write a few sentences here.)

### 4.2. What are the most important actions you will take to build and maintain a supportive network moving forward?

(Write a few sentences here.)

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**Remember:** A supportive network is one that evolves over time. By staying intentional about nurturing your relationships and seeking out new connections when needed, you're investing in your emotional well-being and long-term success.

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