



Support System Worksheet

Your closest circle of people who love you no matter what. They have seen you at your best and held you at your worst and encouraged you to be you no matter the results.

Family:

Friends are supposed to pull you away from reality a bit. Remind you life isn't all about your adult responsibilities. Rekindle the kid kind of fun in you.

Friends:

Your life support are physical trainers, doctors, housekeepers, CPAs, personal accountants. ETC

Life Support:
