

NETWORK OF SUPPORT MAPPING WORKSHEET

- A. Think about all the areas of your life that are important to you. Label the circles with those important areas, for example: having friends, my family, how I look and feel, getting an education so I can be successful, etc. Add circles as you need to.
- B. In those areas/circles, write in the names of people or activities that support you. You might use different colors to indicate different things - which may also help you see interesting patterns.
- C. Next, examine your Network of Support Map. Do you have enough support in all the areas that are important to you?

