

Build a Support System and Revitalize your Life

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Respirit Reinspire Revitalize

Would you like to learn another way find joy in life? Relationships help form how you see yourself and help you grow. The quality of your life can be enriched by strong connections . Check out your current support system with the 2 part inventory below:

My Current Support System Inventory

List the names of people in your support system

Family
Friends
Neighbors
Groups to which you belong
People at work
Other professional contacts
Others

Who Ya Gonna Call???

List the people who fill these needs:

Offer support
Let you whine as needed
Are role models
Help with problem-solving
Energize you
Challenge you
Know plumbers and other resources
Will go to a movie with you
Can be called on the spur of the moment for fun
Babysitter
Loan you money
Lend you their car
Drive you somewhere
Knows you best of all
Provides your need to be touched...animals count
Makes you laugh

Makes you feel loved
Remembers your birthday and does something!
Whose birthday you remember and do something!
What did you learn from these 2 exercises? Are there holes in the fabric of the support system you have woven for yourself? Have you allowed the “cloud of busy” which you pull around you to isolate you or as an excuse not to nurture your relationships? If you want a friend, you must be a friend. Who are the special people in your life? Do you want to reach out to people you know and those you have yet to meet? Today make one contact to build a relationship or initiate a new one.

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