

Take time to identify those people, groups, and activities in your life which form your network of support and help to give meaning to your life.

People Who Are Close to Me



- Family members
- Friends
- Neighbors
- Teachers/Counselors
- Clergy
- Colleagues
- Pets
- Other

Clubs or Groups



- Educational activities
- Church groups
- Work
- Athletic activities
- Arts and crafts or Music groups
- Volunteering
- Other