BUILD YOUR HERO TEAM

A free companion to Heroes: Your Community Awaits

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You don't have to figure everything out alone. Start with one thing you're working through or working toward. Then consider who could support you.

Keep your answers private if you wish. You may skip a question. You don't need to describe a painful experience or include anyone's contact information.

1. WHAT AM I WORKING TOWARD?

Choose something specific: improving in a class, handling a disagreement, trying an activity, or keeping a commitment.

"One thing I want help with is..."

2. WHO COULD BE IN MY CORNER?

You don't need a name for every role. One person may help in more than one way.

Encouragement:

Who listens, takes me seriously, and helps me keep going?

Guidance:

Who has relevant experience and could help me think through a next step?

Follow-through:

Who could check in on a goal I choose?

TURN A NAME INTO A CONVERSATION

3. WHAT MAKES THIS PERSON A GOOD CHOICE?

Consider what you have actually seen:

Do they keep their word, respect your boundaries, and make room for questions or disagreement?

An adult mentor is responsible for appropriate boundaries. Help never means you owe someone secrecy, favors, or private access to you. Involve another trusted adult when beginning a mentoring relationship.

4. ASK FOR SOMETHING SPECIFIC

Try:

"I'm working on ____. Could you help me think through one next step?"

"Could you check in with me next week about ____?"

"Something has been weighing on me. Do you have time to listen?"

Write your own:

"The person I could approach is..."

"What I will ask is..."

Ask whether they have time. Someone being unavailable is a reason to consider another person—not a verdict on your worth.

5. TAKE ONE SMALL STEP

"My next step is..."

"I'll try it by..."

Afterward:

"What helped?"

"What should I change?"

6. SHOW UP FOR SOMEONE ELSE

"What is one manageable way I can support someone this week?"

You can care about someone without becoming their only support. Bring in a trusted adult when a situation is beyond what you can handle.

CLOSING

You don't need a perfect team before you begin. Start with one trusted person and one honest conversation.