**Identifying Your Circle of Trust**

1. Write down people in your life that support you in these ways:

At home At School/work At play

Provide information needed for you to succeed

Provide reassurance and encouragement

Provide comic relief to keep things in perspective

Provide caring and love unconditionally

Hold you accountable and inspire you to succeed/

prevail over adversity

1. List the roles you need to succeed where you currently do not have anyone in your life to fill that need:
2. Brainstorm ways to network and locate and secure these people: