

Support Wish List

Once you have identified your Support Circle, you may have noticed that some of the support that you really want or need is not currently there for you.



EXAMPLES:

- **Partner:** I'd love it if they'd make dinner a couple times a week.
- **Family:** I really wish they call or come and visit me.
- **Friends:** I wish they would let me talk without giving advice.
- **Neighbors:** I'd really like it if they would take the kids for a few afternoons.
- **Co-Workers:** I could really use help with a couple of projects.

What does **support** look like to you from...

partner

family

friends

neighbors

co-workers
