

Growth Planning Life-Skill #9

BEING ABLE TO BUILD & USE A SUPPORT NETWORK
TO HELP ME ACHIEVE MY VISION & GOALS

“You can’t do it all yourself. Don’t be afraid to rely on others to help you accomplish your goals.”

■ **Oprah Winfrey**



... And Two Skills Needed To Build A Support Network Are . . .

MENTORING

... is the process of a more experienced person providing advice and support to a less experienced person.



NETWORKING

... is the process of building and using a people support network to help achieve personal and career goals.



► **Who – living or dead – would you like to be your personal mentor and in your support network for the next 10 years of your life ?**

GROWTH PLANNING LIFE-SKILL #9 ANALYSIS & MEASUREMENT FORM

Being Able To Build & Use A Support Network
To Help Me Achieve My Vision & Goals

List 2 PAST situations when you (or someone you know) did use this Life-Skill?

1) _____
2) _____

List 2 FUTURE situations when you (or others you know) could use this Life-Skill?

1) _____
2) _____

To what extent are you demonstrating this Life-Skill in your everyday life *RIGHT NOW*?

<u>I AM NOT</u> Demonstrating This Life-Skill Now In My Everyday Life	[circle one number]	<u>I AM</u> Demonstrating This Life-Skill Now In My Everyday Life								
←—————→										
0	1	2	3	4	5	6	7	8	9	10