Growth Planning Life-Skill #9

BEING ABLE TO BUILD & USE A SUPPORT NETWORK

"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 more experienced person providing advice and support to a less experienced person.

NETWORKING

. . . is the process of building a people support network to help one another 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	
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*?	**I AM NOT Demonstrating This Life-Skill Now In My Everyday Life** **[circle one number]** **I AM Demonstrating This Life-Skill Now In My Everyday Life** 0 1 2 3 4 5 6 7 8 9 10

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