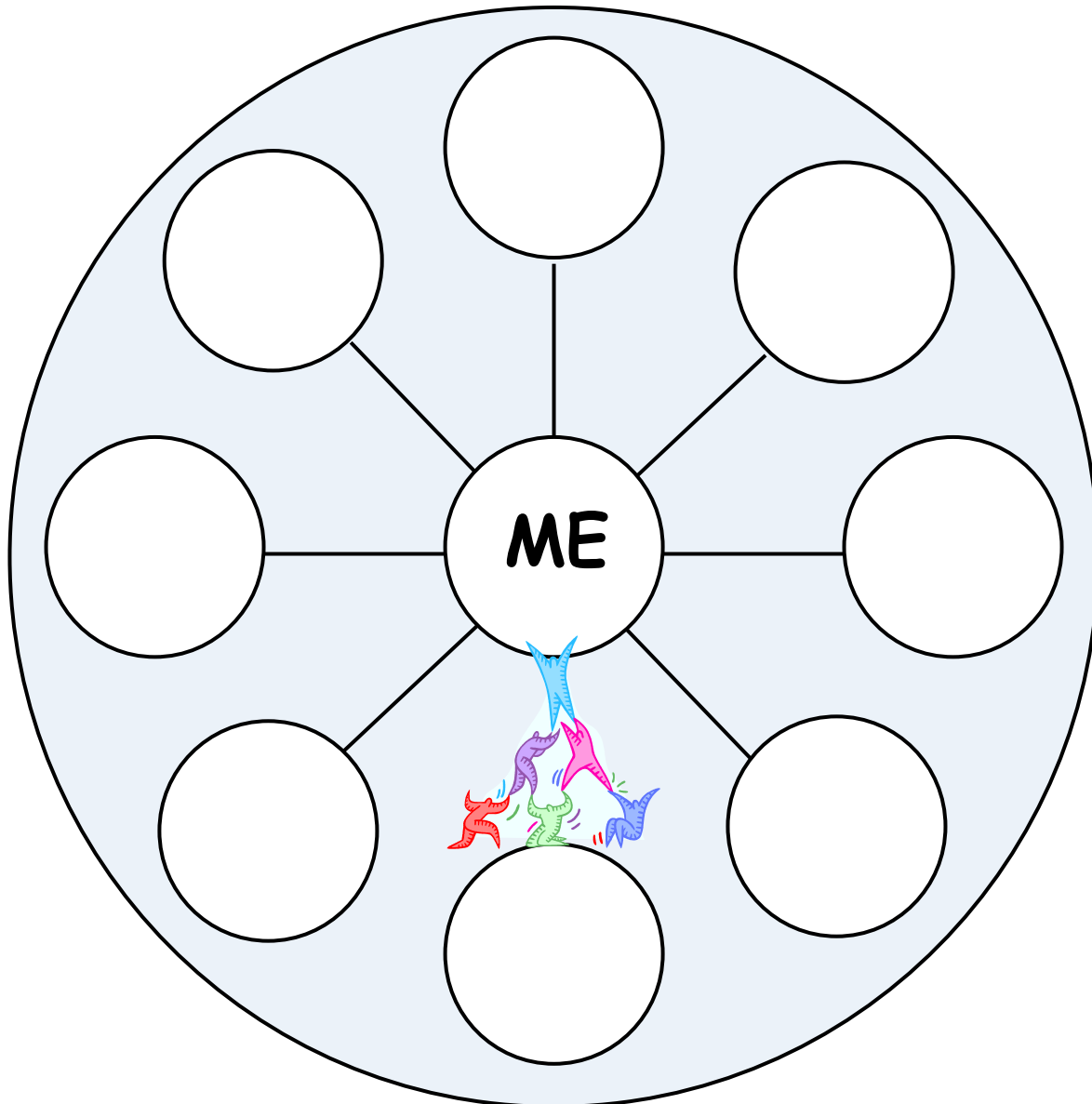


# My Circles of Support

*"When we seek for connection, we restore the world to wholeness. Our seemingly separate lives become meaningful as we discover how truly necessary we are to each other"*

*Margaret J. Wheatley*

**We all need people in our lives that support and encourage us, hold us accountable and help us realize our dreams. Identify the people that you know and trust to help you achieve your leadership goals? Keep this chart handy for times that you need a friend.**



*Trainer Notes: This is a good tool to get people thinking about other people they have in their life who can help support them as they strive to maintain a balance in their lives. These may be people who can give them information and feedback, who can listen and encourage, who can hold them accountable, or who can just hold their hand when they need it. Use this activity in conjunction with other Maintaining Life Balance to help trainees realize the support they can turn to to help them take care of themselves.*