

# Build a Support System and Revitalize your Life

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## **Respirit Reinspire Revitalize**

Would you like to learn another way find joy in life? Relationships help form how you see yourself and help you grow. The quality of your life can be enriched by strong connections . Check out your current support system with the 2 part inventory below:

### **My Current Support System Inventory**

List the names of people in your support system

Family  
Friends  
Neighbors  
Groups to which you belong  
People at work  
Other professional contacts  
Others

### **Who Ya Gonna Call???**

List the people who fill these needs:

Offer support  
Let you whine as needed  
Are role models  
Help with problem-solving  
Energize you  
Challenge you  
Know plumbers and other resources  
Will go to a movie with you  
Can be called on the spur of the moment for fun  
Babysitter  
Loan you money  
Lend you their car  
Drive you somewhere  
Knows you best of all  
Provides your need to be touched...animals count  
Makes you laugh

Makes you feel loved

Remembers your birthday and does something!

Whose birthday you remember and do something!

What did you learn from these 2 exercises? Are there holes in the fabric of the support system you have woven for yourself? Have you allowed the “cloud of busy” which you pull around you to isolate you or as an excuse not to nurture your relationships? If you want a friend, you must be a friend. Who are the special people in your life? Do you want to reach out to people you know and those you have yet to meet? Today make one contact to build a relationship or initiate a new one.

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