

I Would.....

This is a quick inventory that will help you identify the people in your life who are willing to help you. Write down every name that comes to your mind.

Who do you trust? If you had to pick someone right now that you knew and could trust, who would that, be? This list might include family members who live nearby, as well as your closet friends and neighbors. List all of the people that come to your mind.

Who in your community might be able to help you? This might be a church, school staff, family support group, community center staff, etc. List all of the people that come to your mind.

Who do you respect and hold in high regard? There might be people in your life that you may not know very well but you respect and feel like they can help you in some way or another in your life. List all of the people that come to your mind.

Who do you call when you are looking for resources? We all have someone that we call when we need to find a resource. For example, who would you call if you were looking for a good dentist in your area? Who are the people in your life you call when you need to find something?
