

FROM

DREAMERS

TO DOERS

CREATING YOUR OWN *Support Circles*

• with Beth •

fromdreamerstodoers.com

When you're having a bad day it can be difficult to remember who is in your corner and who you can turn to for help and support. In that moment you can feel convinced that you are totally alone. I promise you, you are not.

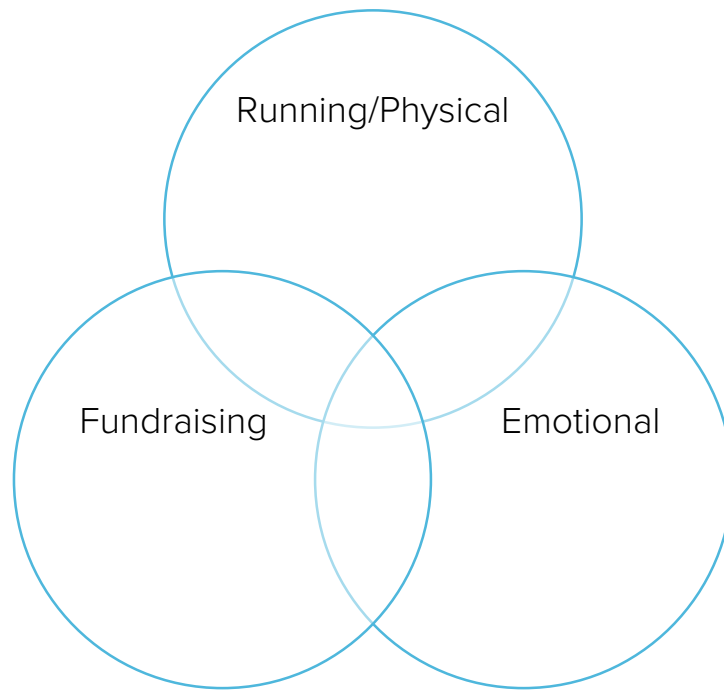
When you're in a good place, which hopefully you are right now, complete this exercise. Then, when you're having one of those bad days, or you just want something to ground you, you can return to what you've written here.

Creating your own Support Circles

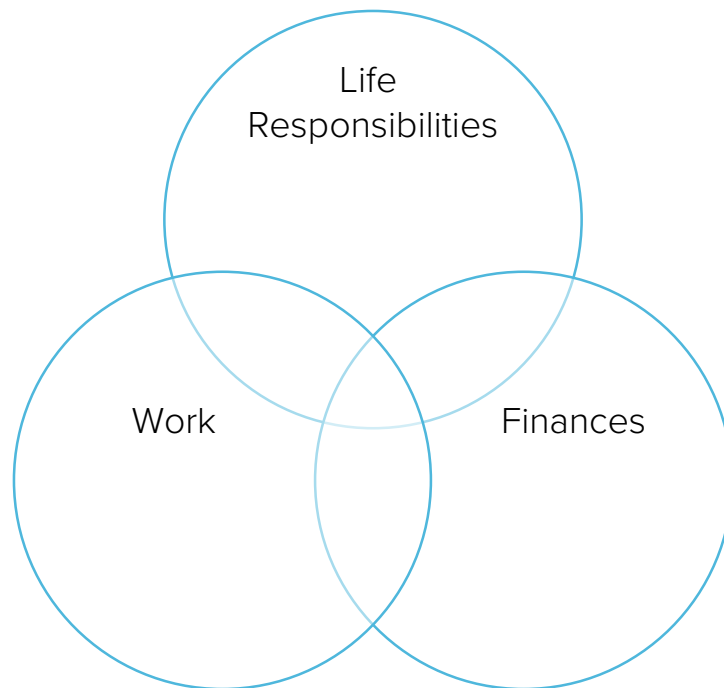
Follow these steps to create your own Support Circles:

1. Decide what you're creating your Support Circles. You may want to do this for a specific event such as a launch, changing careers, or a marathon, an area of your life, such as work or business or life in general. Look at the next few pages for some examples.
2. Select the best template for you from pages 4 and 5.
3. For each circle attach a label which represents an area of your chosen topic.
4. Think through who you would or could go to for each area and add their name to the corresponding space. Try to have at least two people for each area if you can.
5. Review the page and then keep it somewhere safe to use when you need it.

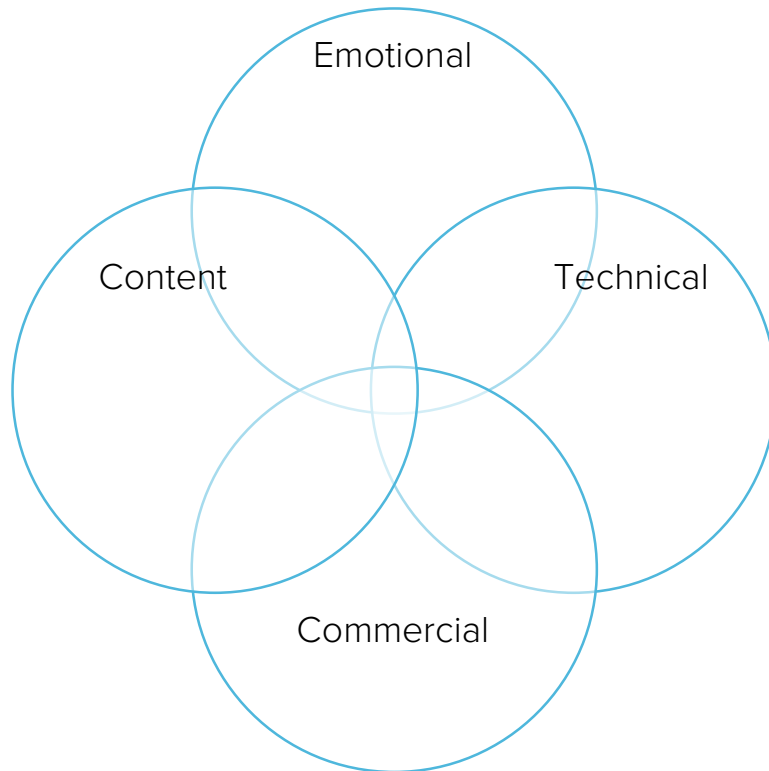
Marathons and other physical fundraising events



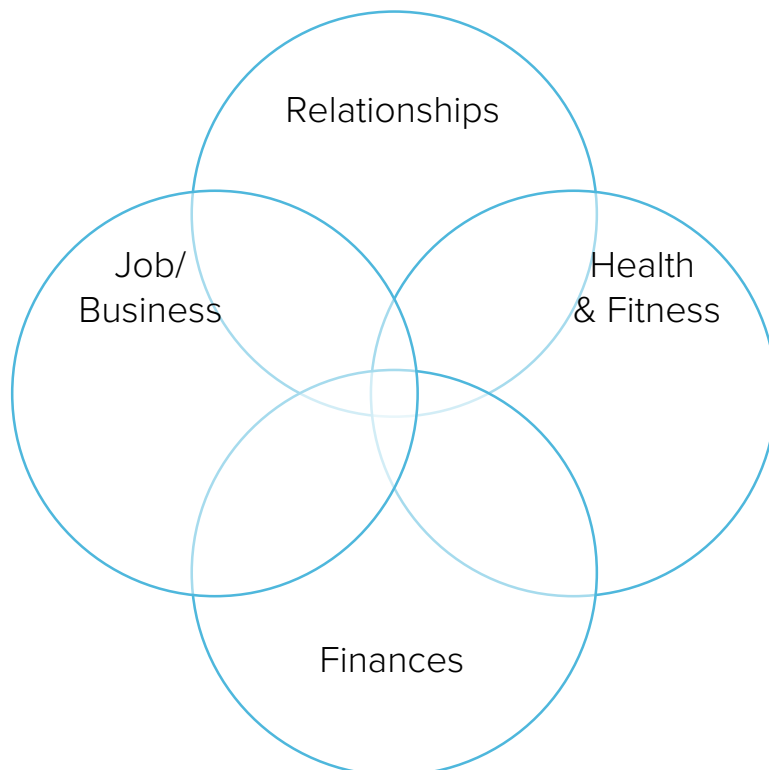
Changing Careers



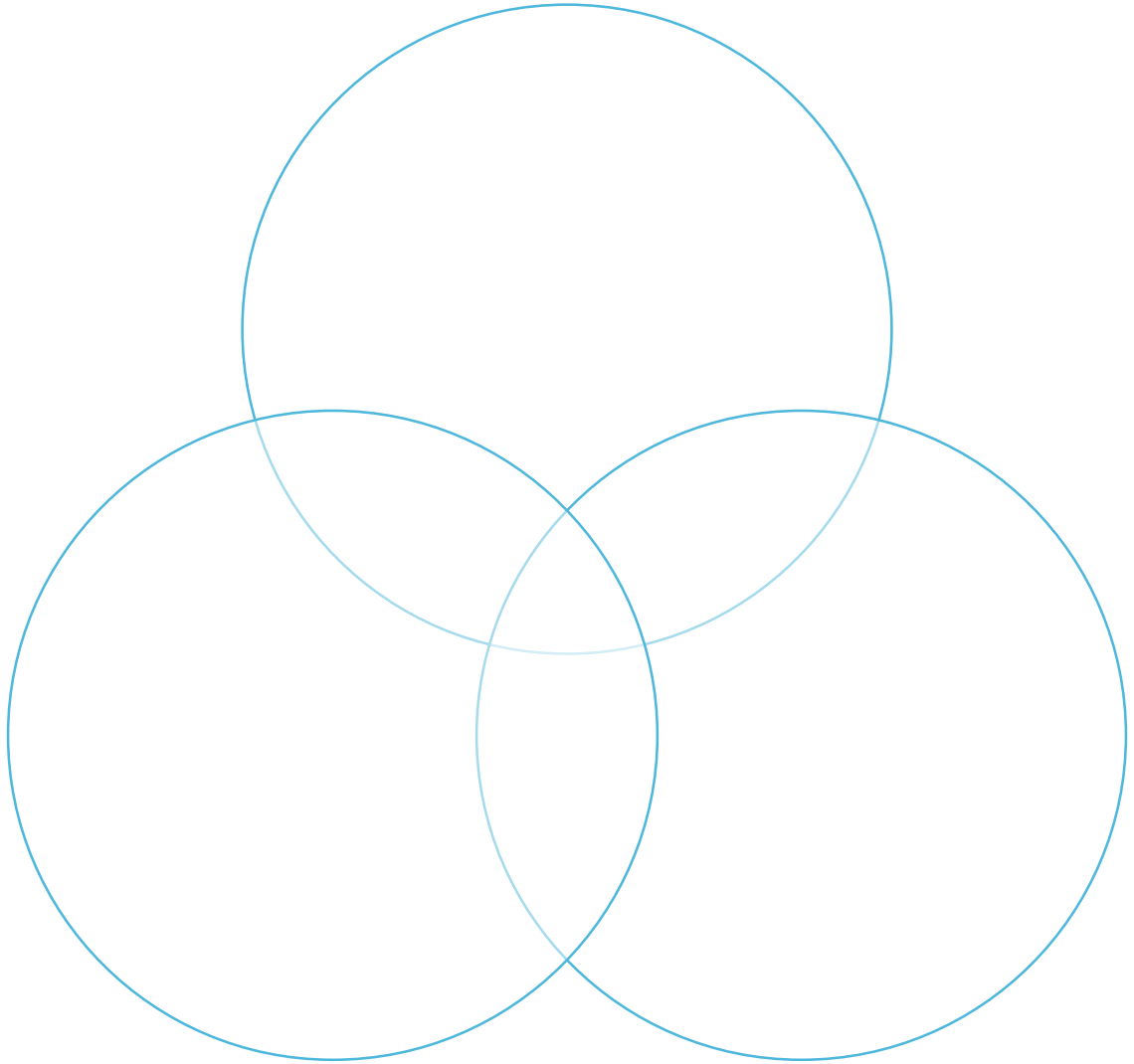
Product Launch



Life



MY SUPPORT CIRCLES



MY SUPPORT CIRCLES

