

Build Your Team

Today

Future

Listener People I can call to vent:

- 1.
- 2.
- 3.

Listener People I want to lean on:

- 1.
- 2.
- 3.

Champion Friends who lift me :

- 1.
- 2.
- 3.

Champion Friends I want to see:

- 1.
- 2.
- 3.

Visionary Doc/nurse I can collaborate with:
(could be specialist, administrator etc.)

- 1.
- 2.
- 3.

Visionary Doc/nurse who can help:
(could be specialist, administrator)

- 1.
- 2.
- 3.

Know-It-All Experts

1. (Lawyer)
2. (Social worker)
3. (Paid caregiver)
4. (Financial Planner)
5. (Benefits expert)
- 6.
- 7.

Know It All Expertise I need:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Giver People I rely on :

1. (Rides to appointments)
2. (Childcare)
3. (Kids carpool)
4. (Errands)
5. (Meals)
6. Etc.

Champion Help I need:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Mentor: People/places where I get support

1. (Support Group)
2. (Coach)
3. (Website)

Mentor: Support I want

- 1.
- 2.
- 3.