

Personal Reflection Exercises...

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Life throws many lessons my way and my loved ones ensure that I get them. They are my offensive line that assists me in catching whatever life passes to me.

Sometimes, I receive blessings. Other times what I catch is an unforgettable lesson. No matter what gets thrown my way, my loving support network protects me from things that may try to block me.

My support network does not solve my problems for me. **They help me to help myself.** If they gave me all the answers, I would miss the lesson. For that reason, I use them as a resource and not as a crutch.

My support network includes close family members and trusted friends. Having a variety of people in my network benefits me by opening me up to diverse points of view.

When I have questions, I can always find someone in my support network that has experience in the area in which I need help.

My support network shows me unconditional love – and even tough love – when I need it. They love me even when I make a mistake and feel unworthy of love. They show me tough love when there is a harsh truth I need to hear, even if I do not want to hear it.

My loved ones stand by my side no matter what the circumstance. When I feel like I am drowning in responsibilities and troubles, my loving network is my life raft; they carry me through the storm.

I am free from fear because I am not alone. I can manage anything that comes my way because I have the advice, expertise and time of my loving support network.

Self-Reflection Questions:

1. Who do I include in my support network?
2. What expertise can my loving support network offer me?
3. Do I heed the advice of my supporters?