

My Support Systems

For each item, list the ways in which this part of your plan supports you, and the ways in which this category could improve.

		Rate 1-10	Supportive when:	Unsupportive when	Wishlist:
Formal supports	Therapist				
	Doctor				
	Coach				
	Group meetings				
	Online groups				
Social supports	Family or Relatives				
	Partners, Household				
	Close friends				
Friend groups & Teams					

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For each item, list the ways in which this part of your plan supports you, and the ways in which this category could improve.

		1-10	Currently working well	How to increase support here
Ways I Support Myself	Exercise, Nutrition, Sleep			
	Self-study or Journaling			
	Self-talk			
	Inputs			
	Environment			
	Creative Outlets			
	Time Management			
	Trigger Management			
	Goals & Challenges			
	Energising/Relaxing Balance			