

Brooke Randolph



My Support Team

You are the average of the five people with whom you spend the most time. – Jim Rohn

Please list the five people with whom you spend the most time, and how you know them.

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

List as many names as possible for the following:

Who gives great advice?

Whom could you ask for help?

Who is on your personal cheer squad, always encouraging?

With whom do you have the most fun?

Who would join you in your favorite activities?

Licensed Mental Health Counselor

Who always makes you laugh?

Who makes you think more deeply about things?

Who would listen to your deepest secrets with support not judgment?

Who could you call in the middle of the night?

Which family members are the most supportive?

Who can you count on in a crisis?

Who are coworkers you could consider friends and/or allies?

Who do you know that has adopted?

Who do you know that was adopted?

What adults do you know from your child's culture of origin?

How do you make time for yourself?

What is one special activity/hobby that brings you joy?

Groups with which you are involved where you could find support, such as church, volunteer organization, support group, hobby, team, etc.?