

### 3 My body of support



#### On your own

You are not alone in this world. There are people who could assist you in some ways. Consider the following questions and write down the names of the people who could help you.

Description of role	Person's name
1 Who gets me to think for myself?	
2 Who challenges me to move on?	
3 Who listens to me when I need an ear?	
4 Who celebrates with me when I complete a task?	
5 Who cheers me when I have success?	
6 Who finds out new opportunities and encourages me to try them out?	
7 Who loves me?	
8 Who consoles me when I am sad?	
9 Who brings fun into my life?	
10 Who turns my arguments around and forces me to think differently?	
11 More roles?	
12	
13	
14	

## 7 My future

### Small group activity

When you know what you want and what you enjoy in life, it is easier to plan your future. In small groups, share the following within your group.

