

I HAVE A STRONG SUPPORT NETWORK

I have a strong support network.

My support network has a big impact on me. Friends, family, neighbors, and coworkers all belong to my network. We work together to lift each other up during tough times.

I turn to my network for advice, help, and tips. I ask them questions and listen to their opinions. I am grateful for their help.

I know my support network believes in me.

They empower me to keep going when I face tough challenges. They encourage me to keep fighting for success.

I return the support I receive from my network.

Just like the members of my group provide me with valuable support, I reach out to them to give them advice and help them, too. I listen to their issues. I think of ways to overcome their obstacles. I know they need me and appreciate my input.

My support network understands me. My

supporters know my strengths and weaknesses. They know the things that scare and stop me. They help me move past my challenges.

I am thankful each day for my support network. It is a shield that protects me. It is a net that catches me and keeps me safe. It is a sounding board for my fears, ideas, and inventions.

Today, I say thank you to my support network. I am grateful for everything they do to help me.

Self-Reflection Questions:

1. What can I do to show my gratitude to my support network?
2. How can I build my support network, so it is even stronger?
3. What can I do to help others in my network?