



Your Relationships and Your Network

For each section, write the names of up to three people who did these things for and with you when you were growing into the person you have become. If you don't recall anyone for a question, leave it blank.

1) Who showed you that you mattered to them?

They may have done this by:

- Being someone you could trust.
- Really paying attention when you were together.
- Making you feel known and valued.
- Showing you that they enjoyed being with you.
- Praising you for your efforts and achievements.

2) Who pushed you to keep getting better?

They may have done this by:

- Expecting you to live up to your potential.
- Pushing you to go further.
- Insisting that you take responsibility for your actions.
- Helping you learn from mistakes and setbacks.

3) Who helped you complete tasks and achieve your goals?

They may have done this by:

- Guiding you through hard situations and systems,
- Building your confidence to take charge of your life.
- Defending you when you need it.
- Put in place limits that keep you on track.

4) Who treated you with respect and gave you a say?

They may have done this by:

- Taking you seriously and treating you fairly.
- Involving you in decisions that affected you.
- Working with you to solve problems and reach goals.
- Creating opportunities for you to take action and lead.

5) Who connected you with people and places that broadened your world?

They may have done this by:

- Inspiring you to see possibilities for your future.
- Exposing you to new ideas, experiences, and places.
- Introducing you to people to help you grow.

1. _____

2. _____

3. _____

1. _____

2. _____

3. _____

1. _____

2. _____

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1. _____

2. _____

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1. _____

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3. _____

Map Your Network

Talking about your “network” in high school might seem a little too professional- something that people do when they are looking for a job later in life. Networks are always though, at any time in life, a very useful thing of which to build, to be aware, to engage and to maintain. Maybe you wouldn’t think of friends as a network, but they are. Family is a network as are the people who go to and work at your present or previous schools.

Who Is in Your Network?

Ask yourself some questions about various needs that you could have today or over the next few months. Who *would* or *should* you go to for help or advice? Obviously if your house is burning, the fire department is definitely in your network. What about trouble with a particular class? What if certain people are pressuring you to change your college plans? Who would/should you go to? Add some of your own thoughts, but other needs could be:

- Needing a summer or weekend job
- Wanting to understand possible careers
- Just had a really bad break up
- Fighting with your parents a lot
- Being confused about
- Being afraid to take a risk
- Made a really big mistake
- Feeling bored or confused
- Needing help with time management
- Feel like you’re not doing your best

Map It Out

Now literally draw it out. Do something else that works for you, but as a suggestion represent yourself as a circle in the middle. You will be the circle in the center. Draw