

Own Your Power. Make Meaningful Changes. Thrive.

Circle of Support Relationships That Nurture Your Spirit

To be human means to be a social being. We need others to survive and thrive. Healthy relationships nurture your spirit help you to stay grounded and they lift you up. Your tribe helps you to learn, grow, and become more of who you are at your core. They're there to provide support when you need to take on the hard things and there to help you remember when it's time to relax and enjoy life.

Think of the last time you needed to share something important or when you really needed support. Who was the first person you contacted? If that person wouldn't have been available for a period of time, who would you have contacted next?

How about the last time you needed support for something specific you were trying to accomplish: launching into a brand new career, a job search, starting a business, going back to college, buying a house, preparing for a difficult conversation, landscaping your yard, planting a butterfly garden. These are all things you could certainly do on your own, but when you ask for help from others, you get the benefit of their moral support and their experience and knowledge. It also makes the process of learning and doing much more enjoyable.

We're often clear about who is in our inner circle of support, but perhaps not so clear beyond the inner layer. To get clarity, you can use the Circle of Support / Relationships That Nurture Your Spirit exercise. It can be used many different ways.

Here are a few ideas:

- 1) As a reminder about who's there to support you every day. The inner circles include those who are closer to you. As you get further from the center, brainstorm and get creative. What are the possibilities? Are there people you've lost contact with along the way who may love to reconnect with you as much as you would love to reconnect with them?
- 2) To determine who you could reach out to for help for something specific you want to accomplish. Again, the inner circles include those who are closer to you. As you get further from the center, brainstorm and get creative. Who would likely be willing to share their knowledge and expertise? Or who could connect you with the "right" person?
- 3) You're feeling overwhelmed and know you're spreading yourself too thin. Who are the people you want to say yes to most often? They're in the inner circle - your heart center (perhaps, children, significant other, close friends). Who is next? Place them in the next ring out and so on. You only have so much time and energy, so it's likely not everyone will make it on your list. How does the way you're currently spending your time and who you're spending it with align with your values and priorities?

If you're struggling with filling in the layers, consider asking the people in your inner circles to help. You will likely find that brainstorming with others enhances your creativity, and it's more fun!

After you've completed the exercise, what will you do with the new awareness?

Own Your Power. Make Meaningful Changes. Thrive.

**Circle of Support
Relationships That Nurture Your Spirit**

