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|  | Chapter 12: Enduring Challenges **BUILD YOUR SUPPORT NETWORK WORKSHEET** |
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| **INSTRUCTIONS:** Create a personalized list of trusted individuals within your faith community to rely on for support, encouragement, and reflection during challenging times. | |

*Please ensure your responses fit within the text box provided.*

**Section 1: Identify Your Support Network**

List individuals in your community who align with each category. Include their names, contact details, and how they support you.

**Encouragement and Prayer Partners:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Name** |  | | **Contact Info** |  |
| **How They Support You** | |  | | |

**Faith Mentors or Leaders:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Name** |  | | **Contact Info** |  |
| **How They Support You** | |  | | |

**Accountability Partners:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Name** |  | | **Contact Info** |  |
| **How They Support You** | |  | | |

**Trusted Friends:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Name** |  | | **Contact Info** |  |
| **How They Support You** | |  | | |

**Section 2: Reflection on Support**

**Prompt 1:** Why is each person important to your spiritual growth?

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**Prompt 2:** How can you support these individuals in return?

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### **Section 3: Action Steps**

Commit to strengthening your connections by completing these steps.

* Schedule regular check-ins with your support members.
* Offer gratitude and prayer for their presence in your life.
* Share specific ways they can assist you during challenges.