



Chapter 12: Enduring Challenges

BUILD YOUR SUPPORT NETWORK WORKSHEET

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	<input type="text"/>	Contact Info	<input type="text"/>
How They Support You	<input type="text"/>		

Faith Mentors or Leaders:

Name	<input type="text"/>	Contact Info	<input type="text"/>
How They Support You	<input type="text"/>		

Accountability Partners:

Name	<input type="text"/>	Contact Info	<input type="text"/>
How They Support You	<input type="text"/>		

Trusted Friends:

Name	<input type="text"/>	Contact Info	<input type="text"/>
How They Support You	<input type="text"/>		

Section 2: Reflection on Support

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

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

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.