Who’s on my Team!

Write the people, places and things that support you in these areas of your life.

Building Your Team

The purpose of this exercise:

1. Identify our healthy-life resources
2. Identify areas that need development
3. Recognize who and what is available for support

and making the commitment to use them

**MENTAL GROWTH STRENGTH**

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**INTERNAL EXTERNAL OTHER**

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**LOVE SPIRITUALITY SERVICE**

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**PROFESSIONAL SOCIAL WEALTH**

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**CREATIVITY TALENTS OTHER**

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