

Support System

As you are about to embark on a new journey you need to take stock on who will support you and who won't support you. List the names of who is on your side or who is not. Some of these people may apply and some won't. Let us also look at how they will support you (financially, physically or emotionally).

Position	Name	Support	Doesn't Support	Type of Support
Spouse/Significant Other	_____	_____	_____	_____
Child 1	_____	_____	_____	_____
Child 2	_____	_____	_____	_____
Child 3	_____	_____	_____	_____
Sibling 1 (brother/sister)	_____	_____	_____	_____
Sibling 2	_____	_____	_____	_____
Sibling 3	_____	_____	_____	_____
Mother	_____	_____	_____	_____
Father	_____	_____	_____	_____
Mother-in-Law	_____	_____	_____	_____
Father-in-Law	_____	_____	_____	_____
Best Friend	_____	_____	_____	_____
Best Friend 2	_____	_____	_____	_____
Best Friend 3	_____	_____	_____	_____
Work Friend 1	_____	_____	_____	_____
Work Friend 2	_____	_____	_____	_____
Church / Spiritual Source	_____	_____	_____	_____
Uncle / Aunt 1	_____	_____	_____	_____
Uncle / Aunt 2	_____	_____	_____	_____
(Other)	_____	_____	_____	_____
(Other)	_____	_____	_____	_____
(Other)	_____	_____	_____	_____
(Other)	_____	_____	_____	_____
(Other)	_____	_____	_____	_____
(Other)	_____	_____	_____	_____
(Other)	_____	_____	_____	_____

(Use additional sheets as necessary.)