

Organize Your Supports ~

Exercise: Who's in Your Life?

This exercise will take 10-20 minutes. Grab a pencil and find a calm space.

BEers	DOers	SHELfers
<p><u>These people will BE there to:</u></p> <ul style="list-style-type: none">* sit with you* cry with you* listen without judgement* sleep next to you and your children* hold you & hug you without words	<p><u>These people DO things for you like:</u></p> <ul style="list-style-type: none">* make your meals* shuffle your kids to their activities* complete household chores* help you re-organize your finances* drag you outside for a walk or run	<p><u>These people may need to sit on your SHELF due to negative or toxic habits such as:</u></p> <ul style="list-style-type: none">* constantly judging you* consistently giving unsolicited advice* leaving you feeling even more drained
Your BEers:	Your DOers:	Your SHELfers: