

Here's a support matrix template to make your own...

	Spiritual	Professional	Emotional	Social	Practical	Notes
<b>Family</b>						
<b>Friends</b>						There may also be some friends who drain me!
<b>Home</b>						
<b>Work</b>						Include people from other organisations in the work/professional cell& others beyond your own workplace
<b>Neighbours</b>						
<b>Church</b>						
<b>Prayer partners</b>						
<b>Mentor /coach/ spiritual direction</b>						
<b>People in other areas of life</b>						<b>Doctor?</b>
<b>Support that's not people</b>						