



with KATIE DUNCAN





# BUILD YOUR SUPPORT TEAM

## INSTRUCTIONS:

I invite you to reflect on your support team. Who is already a part of your team? Who do you rely on and for what? Who might you like to add to your team? Specifically, who can you designate as your:

1. Expert
2. Spokesperson
3. Accountability Partner

*(Refer to 'How To Choose Your Team' for guidance)*



**Who is already on your support team.** Name them here. Next to each name, write down what you rely on them for.

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**Who else would be helpful to have on your support team?** Name them here. Next to each name, write down when/how you will contact them.

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**Who will you ask to be your EXPERT?**

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**Who will you ask to be your SPOKESPERSON?**

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**Who will you ask to be your ACCOUNTABILITY PARTNER?**

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