

Part 3: Building My Support Team

Instructions: Nobody reaches their goals entirely alone. Think about the people in your life right now who can help with each type of support below.

Type of Support	Who can I ask for this support?	Why did you choose this person?
Emotional Support: Someone who will listen to you when you are stressed, encourage you, and stand by your choices.	1. 2.	1. 2.
Informational Support: Someone who can give you advice, help you find college forms, or guide you with their experience.	1. 2.	1. 2.
Financial Support: Someone who can help you understand scholarships, educational loans, or help pay for training/courses.	1. 2.	1. 2.

My Action Step:

Have you ever shared your career dreams with the people you listed above? ☐ Yes
☐ No

If not, pick one person from your Support Team list to talk to this week about your future goals!

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