



The People in My Life

As you think about the people in your life, ask yourself if some of them have these qualities:

- They're comfortable to be around
- They're the type of people with whom you could share very personal information
- They could help you solve problems
- They make you feel like you matter
- They take you seriously

In the space below, write down the names of the people in your life who support you. In the next column, mark down your favorite trait of theirs. If you wish to take it a step further, reach out to this person and let them know how much you appreciate their presence in your life.

The People in My Life	My Favorite Part of Them

