The 'Safety Net' Brainstorming Sheet

- **What qualities am I looking for in the individuals I will ask to be part of my 'safety net'?**

- **List as many people as you think of that meet the qualities you listed above.**

- **What role would I like my 'safety net' to play in my life? Be as detailed as you can.**

- **Now go back and circle the top 3 people you will approach first about being part of your 'safety net.' List their name and contact info below. Then plan a time when you're going to call or meet with them!**