



Healing Power Health Coaching

Web of Support

Everybody needs a web of support, someone to trust, someone to cry on her/his shoulder, someone to share a laugh with, someone to help with housekeeping chores, carpools, etc... Who is in your web of support?

1. Family member:

2. Family member:

3. Family member:

4. Friend:

5. Friend:

6. Friend:

7. Neighbor:

8. Neighbor: