

People Who Matter

Who is important in my life

Use this page to think about the people who matter to you and the part they play in your life.

1 Name or role

Why this person matters

How they support me

2 Name or role

Why this person matters

How they support me

3 Name or role

Why this person matters

How they support me

4 Name or role

Why this person matters

How they support me

5 Name or role

Why this person matters

How they support me

6 Name or role

Why this person matters

How they support me

7 Are there relationships I want to strengthen, repair or understand better?