



Creating your Super Support A-Team List

First, start by finding a calm, quiet space. Take a few long deep breathes. Allow yourself to find that place of stillness within.

Try not to overthink each question, and go with the first answers that come to mind. If you don't have an answer, don't worry! Maybe it's a good opportunity to find someone to fill that space.

If you have any serious mental or physical conditions which require professional help, I've included a box at the bottom to keep note of any professional contacts you may need.

1. Who do I call in a crisis? (Excluding serious emergencies and the emergency services!)

2. Who is the best person to listen while I share my problems?

3. Who is the best person to help me with practical solutions to problems?

4. Who is the best person to help me ground and feel relaxed?

6. Who is the best person to cheer me up and make me laugh?

7. Who is the best person to talk about my spiritual challenges with?

Space to keep any emergency professional contacts.

Tip!

Take a photo to keep handy on your phone, or type up into your notes section.

Sending Love & Light to you and your beautiful journey

