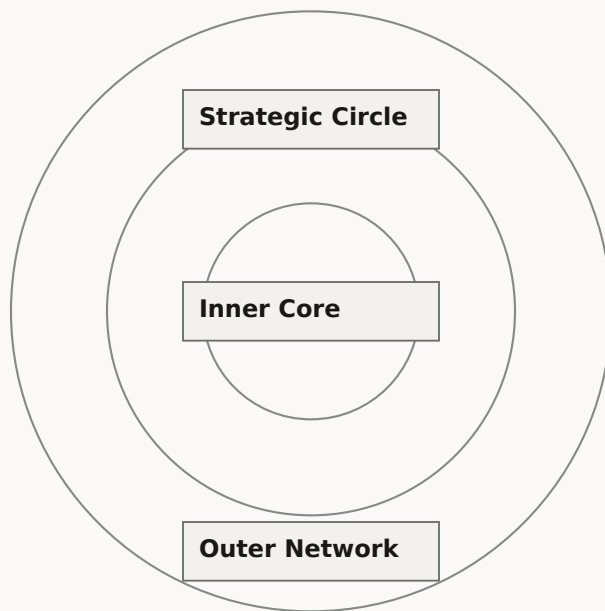


My Support and Options

You do not need to decide everything today. Map safe, available support using names, roles or a simple list. Services and routines can help too; you do not have to contact anyone.

1. Who could offer support as you explore your next steps?



1. Inner Core

Unconditional cheerleaders, intimate confidants, safe harbor.

2. Strategic Circle

Advisors, colleagues, coaches, and mutual accountability partners.

3. Outer Network

Professional network, casual acquaintances, industry peers.

2. Compare two possible next steps

Option	Support available	Information needed

3. Take one information step

Contact or information source

Question to ask

When

Review date