

# Activity

## Identifying your top life supports.

Identify your top three life supports. If yours aren't included, add them to the empty box.

Support	Highlight your top three	How can you nurture and maintain this support in your life?
Another parent of a child with a disability		
Religion		
Long-time friend		
Husband/partner		
New friend		
One of my children		
My child with a disability		
Parent support association		
Work colleagues		
My child's school		
A professional that I see for my child		
A professional that I see for myself		
A community organization unaffiliated with disability		
Extended family member		
I rely on myself more than anyone		
Other:		
Other:		
Other:		