

Who Is Already Around You

A map of the people already in your life, the close ones and the further out ones.

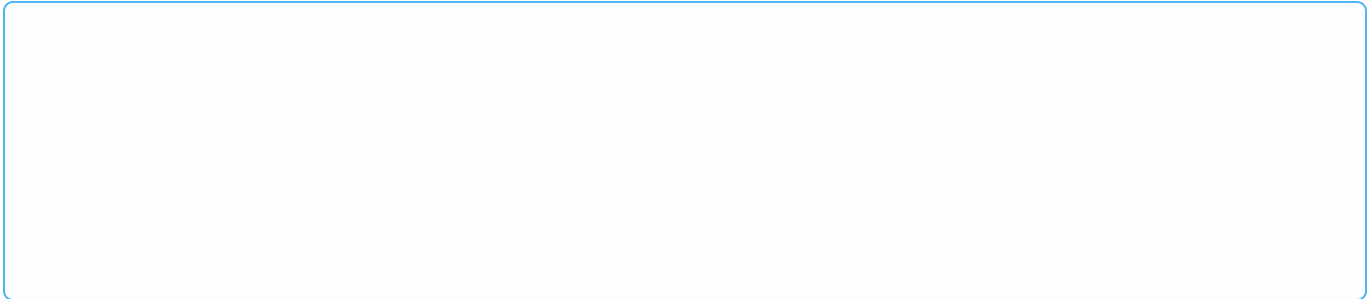
WHEN TO USE THIS

Use this when it feels like you have nobody.

Nobody is off limits here. A neighbor, a cousin you rarely see, someone from work.

Draw yourself in the middle. Put people around you, the closer ones nearer.

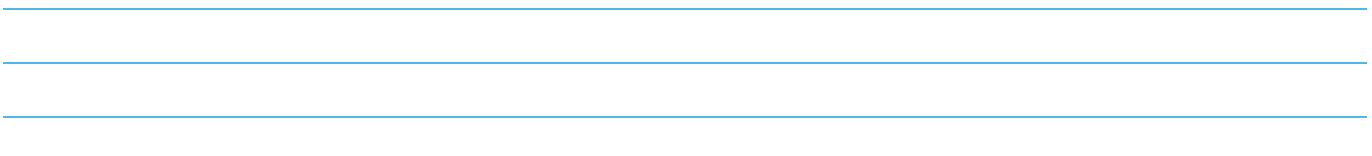
Family, friends, work, online, people you see but do not know well.



Write down anyone you left out because you were not sure they counted.

1. _____
2. _____
3. _____
4. _____

Who on the page have you not spoken to in a while, but could?



Most people have more names on the page than they expect. The faint ones still count.