



Building Your Support Team

When you think about your support team, who comes to mind?

One of the biggest mistakes we can make is trying to get through life alone. Having support is essential to our well-being!

Building a support team gives you the extra motivation and encouragement you need, especially when you come up against challenges.

Having a support team helps you see things from a different perspective, makes difficulties seem easier, and helps you stay accountable to goals.

Igniting Action:

What would be valuable about having external support? Who will you reach out to, or what action will you take after reading this?

Gain more tips. Subscribe to our newsletter: adurolife.com.

How to build your team:

- Consider the people you spend time with, like your co-workers, friends, and family. Who could you reach out to for support? Who has similar goals and values?
- Try new activities to meet different people who share your interests. Book clubs, group fitness classes, local festivals and community groups are just a small list of examples.
- Ask for help when you need it. Don't wait for others to offer. Let them know you would value their help and encouragement.
- Create a group activity. For example, a walking group with people at work or in your neighborhood.
- Use social media to get social. Find events that sound fun or groups that inspire and motivate you.
- Limit the amount of time spent with people that deplete you.
- Show gratitude and appreciation. Give genuine thanks to the people in your life who have made a difference. Write them a note or give them a call!