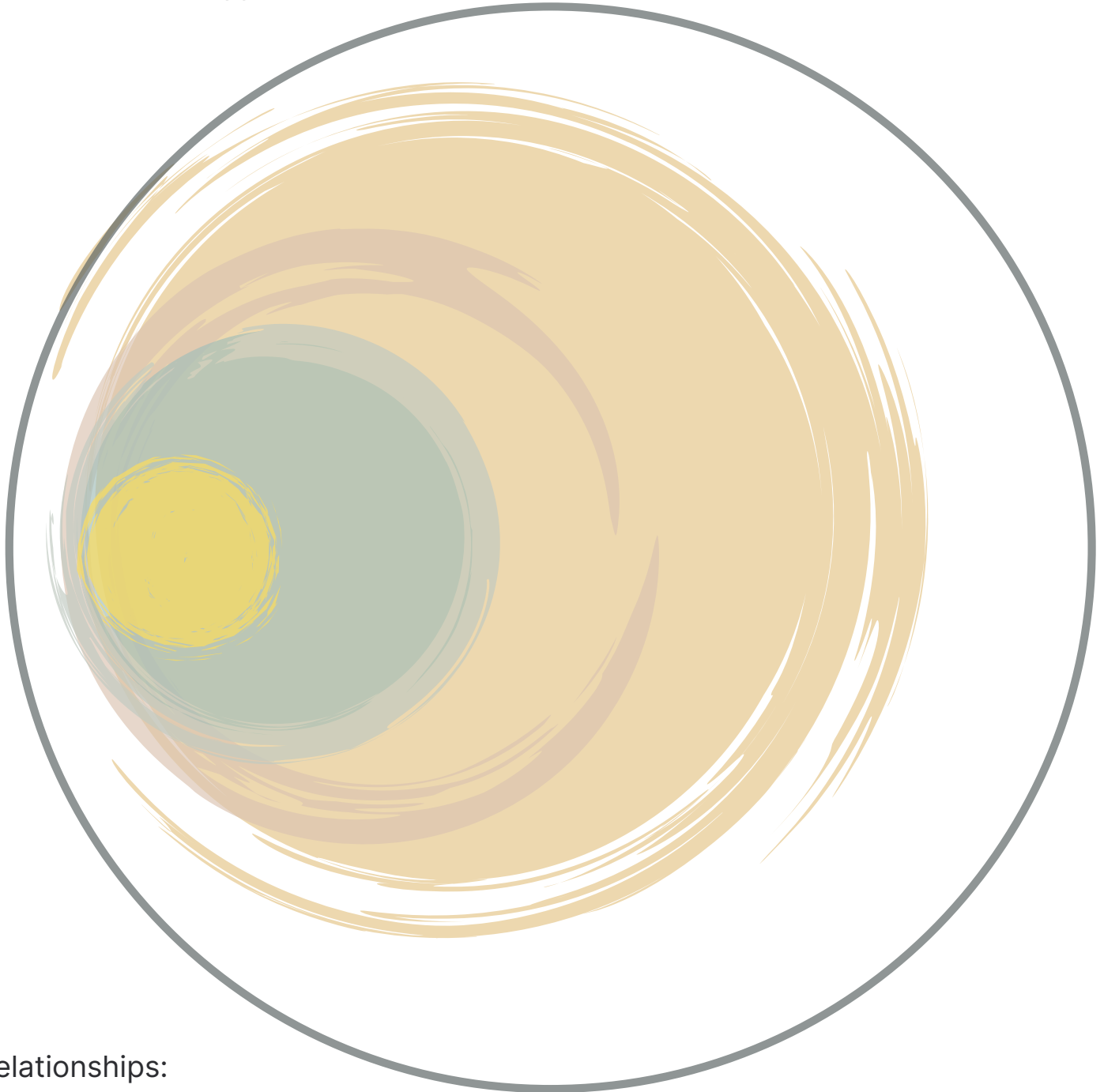
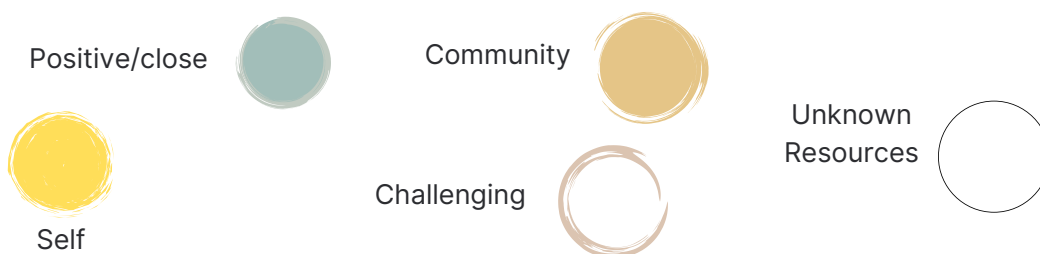


social ecosystem map

In the circles below, identify all the people in your life and place them in the appropriate circle. This exercise might help you maintain or re-establish relationships with important people or establish characteristics of people and organizations you would like to receive support from.

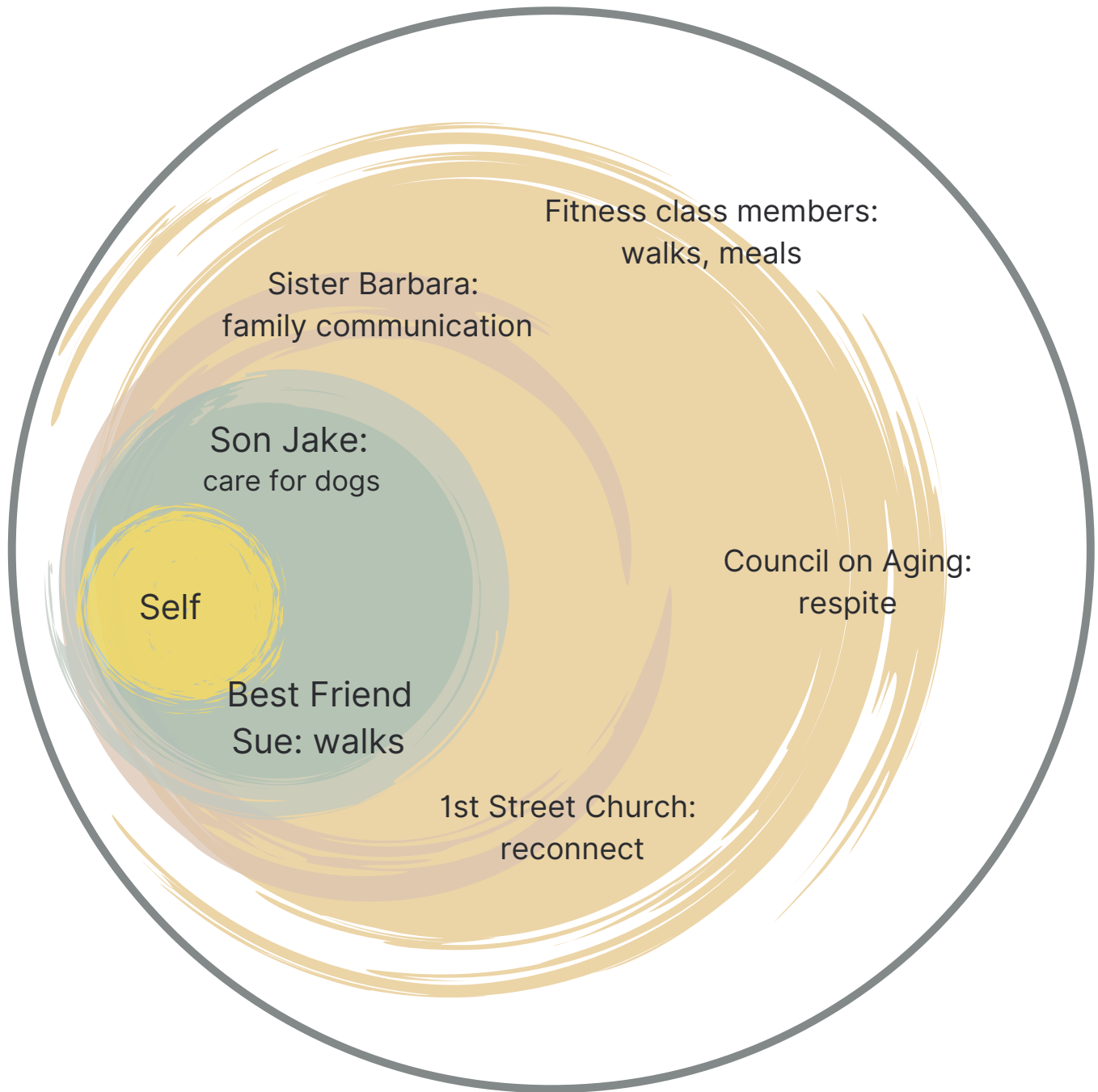


relationships:



social ecosystem map

Examples below: you can even label what each person might be able to support with-- or something you need to repair with them



relationships:

