



Who You Know Exercise

Write down the names of people you know from each area of your life. According to Census & Statistics bureaus, the average person knows about 250 people in their circle of family, friends, acquaintances, school, job & previous jobs, hobbies, neighbourhood, and so on.

Current Employment

Family

Past Employment

Professional Organizations

Education

Religion – church, synagogue, temple, small group

Volunteer or Civic Service groups

Hobbies



Spontaneous Events

Spouses's/Companion's/Friend's Networks

Out of this list, select the people that you would:

a. Vacation with

b. Ask for Reference Letters

c. Ask for Crisis Support

d. Share Ideas With