



CHAPTER 11 WORKSHEET: SUPPORT

What type of help or support do you need to achieve your goals and dreams?

Be honest here, write your personal wish list of the best possible support for you right now.

If you are struggling with any kind of addiction, emotional issues or really old baggage, perhaps you need to start with counseling, treatment, therapy, a self-help group or a self-development program.

If you have a great concept, but lack the courage, financing or planning skills to take your next step, a mentor or business coach may be what you need.

For more help with your relationship, watch our website for upcoming workshops, teleclasses, or our upcoming live broadcasts. Sign up for our newsletter, send in a Dear Lorraine or Dear Shawn letter. Do all of the worksheets. Read this book again. Read the book and do the worksheets with your partner. **Get clear on what you really want, and believe in it.**

If you want to work one-on-one with your partner or a friend, share what you write here with them.

The Type of Support I Need Right Now:

What does support look like to me?

Who am I going to call?