## ISP Worksheet #5 Worksheet

Date:

Name:

**Relationships and Social Connections**

Social connections important for our immediate and ongoing sustainability.

List of people that I can connect with in times of need:

List of people that I can connect with when I want to do something enjoyable (sports, going for a walk, movie etc.):

List of people that I can connect with on a specific theme (hobby, skill, routine) :

Choose three themes that are life giving to you and find out if you can get more information about it for our next session (walking/running group, meditation, dance/art. painting workshop or class, book club, support group etc.)