

# My relationship circle



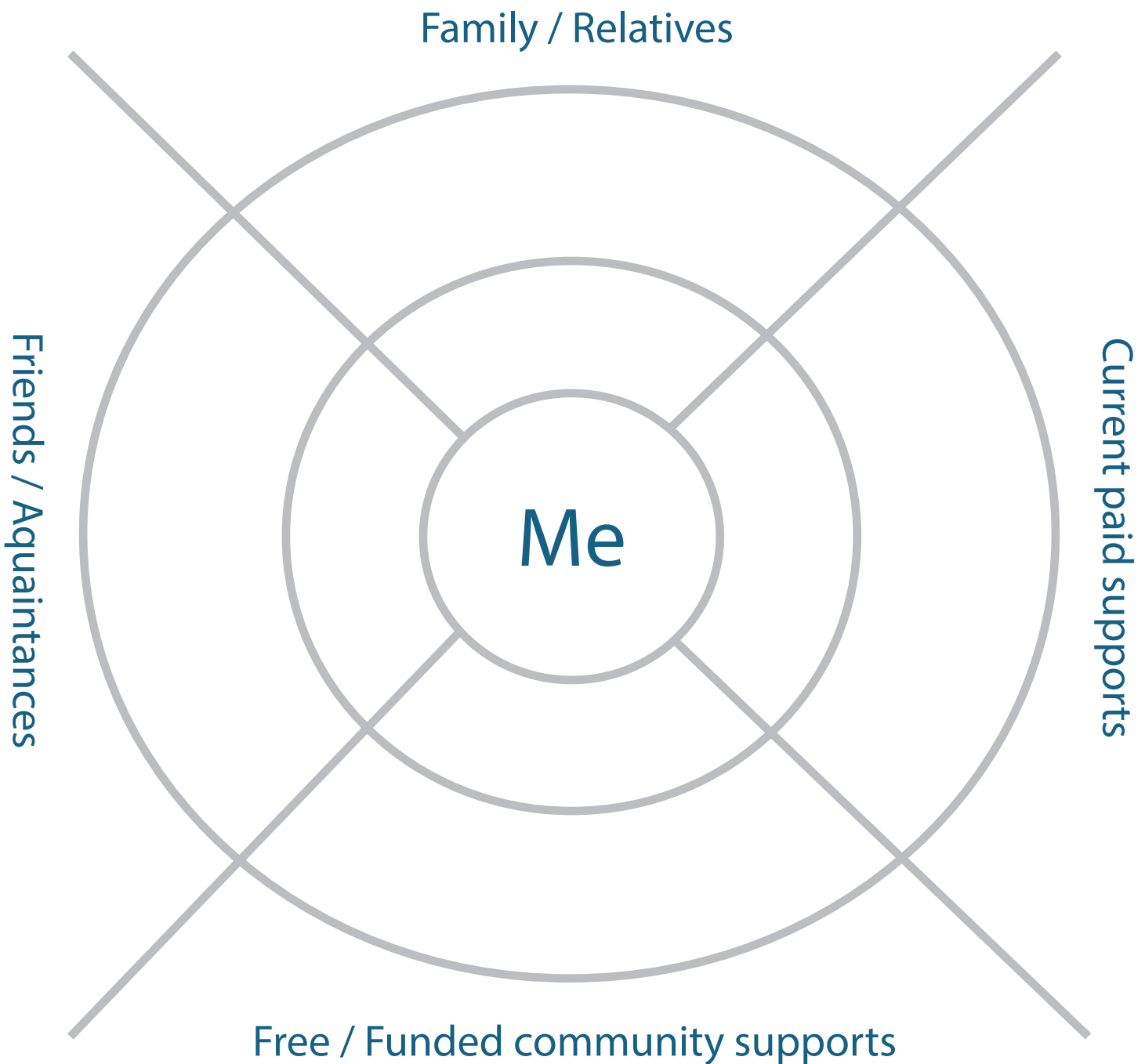
## Instructions for completing the relationship circle

By completing your relationship circle, you will examine who is already in your life that can help support your goals.

Relationships are important to all of us. We all have different people in our lives who play a variety of roles and provide us with unique things. For example, we might have friends who like music and who we connect with to attend concerts with us. We might have friends who like sports who we invite to go to the local pub and watch a game, or we may have friends who love food and who we enjoy cooking with and going out to eat at local restaurants.

By completing this document, you will identify who you have in your life, and how they are connected to you (e.g. family member, friend, paid support, etc.). It can help you determine who you may wish to invite to participate in the planning process and which areas you may wish to work towards building new connections.

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This document is based on the Relationship Circle tool from Helen Sanderson Associates, accessed July 12, 2019, <http://www.helensandersonassociates.co.uk/wp-content/uploads/2015/02/relationshipcircle.pdf>. Visit [hsacanada.ca](http://hsacanada.ca) for more resources.