

# Creating your support circle

The people in your **inner circle** will typically include family and friends. You might feel like they know the real you and be more likely to turn to them in tough times. You may see these people frequently.

The people in your support team who are **moderately supportive** may be those who you know through sport, study or work. They may provide support that helps you achieve sporting, academic or career goals. You may see these people regularly.

The people in your **outer circle** can provide some support but are usually those that do not know you personally. Examples may include staff from your national governing body. You might only see these people every so often.

**Put the members of your support team where you think they sit in your support circle.**

