



## Your Support Streak!

Let's create a streak, much like the streaks you keep in social media. Let's identify and grow the number of trusted adults in your life by answering the following questions.

### SUPPORT STREAK 1

1. Who is someone you trust?
2. Who really pays attention to you when the two of you are together?
3. Who makes you feel valued?
4. Who shows you that they enjoy being with you?
5. Who praises you for your efforts and achievements?



## Your Support Streak!

### SUPPORT STREAK 2

1. Who takes you seriously and treats you fairly?
2. Who involves you in the decision making that affects you?
3. Who works with you to solve problems and to reach your goals?
4. Who creates opportunities for you to take action and lead?



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### SUPPORT STREAK 3

1. Who expects you to live up to your potential?
2. Who pushes you to go further?
3. Who helps you to learn from your mistakes and setbacks?
4. Who insists that you take responsibility for your actions?



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### SUPPORT STREAK 4

1. Who helps you guide you through hard situations?
2. Who builds your confidence to take charge of your life?
3. Who stands up for you when needed?
4. Who puts in place limits that help to keep you on track?
5. Who exposes you to new ideas and experiences?
6. Who inspires you to see the possibilities of your future?
7. Who surrounds you around other people to help you grow?