

# Adding Team Members

It's important to identify who you have on your team to help you pursue your vision for a good life.

In the Build Your LifeCourse Team section of your LifeCourse Charting Session, you can add people who are going to help you as you plan, make decisions, and attend important activities and events.

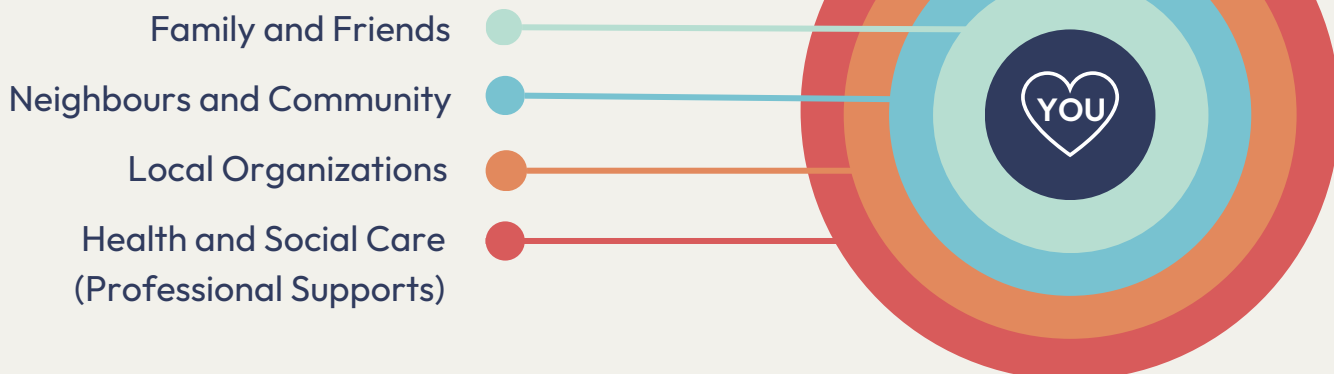
## How Do I Know Who to Add?

We tend to underestimate the number of people who are willing and able to support us. The following brainstorming exercises will help you build out your LifeCourse team as much as possible! When going through these exercises, try to think about people who are already in your life that might be able to help you.

### Team Building Exercise #1 Build By Relationship Type

Start by visualizing your team as a circle of support. You're in the middle and as we move outwards, we will find different types of relationships that make up a typical circle of support.

**Try to think about all of the people in your life that fall into these categories:**



## Team Building Exercise #2

### Build By Goal/Task Need

Another way to figure out your team members is by thinking about the goal/task areas you might need help with while pursuing your good life. You can then think about people in your life who would best be able to support these areas.

**Let's say your vision for a good life includes health and wellness goals.**

**Some goals/task areas to consider include:**



#### **Day-to-Support**

Do you need someone to drive you to the gym and back? Do you need someone to accompany you to your workout classes? Will you need help cooking healthy meals or meal prepping? Do you need support with grocery shopping?



#### **Finding Resources**

Do you need someone to help you research what types of workouts are suitable for you? Do you need help finding local gyms in your neighbourhood and getting a membership? Will you need support finding healthy meal ideas?



#### **Creating a Plan**

Do you need someone to help you create a workout plan that is best suited for you? Will you need help from someone to hold you accountable and review your plan with you? Do you need someone to help you create a healthy meal plan aligned with your goals?



Once you've listed everyone you can think of for your team, you are ready to fill in the Caring For and Caring About sections of your LifeCourse Charting Session to map out your team member's roles in caring FOR you and caring ABOUT you.

### **Check out this additional resource for more!**



For more information on how to build your support network, check out the LCO Blog article, "[5 Tips to Grow Your Network of Support](#)".



**For more information, tutorials, and support in using LCO:**

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