

A Guide To  
**Circles of Support**

# Workbook





# Exercise 1: A Bit About Me

## About Me

My passions, interests  
and hobbies....

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I enjoy....

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My abilities, skills and  
strengths....

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I'd like to learn....

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My particular flair or  
gift

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## About Me - continued

I like to spend time  
with people who are....

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These people interest  
me because....

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I feel motivated,  
satisfied or content  
when....

---

I value....

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My purpose in life is  
to....

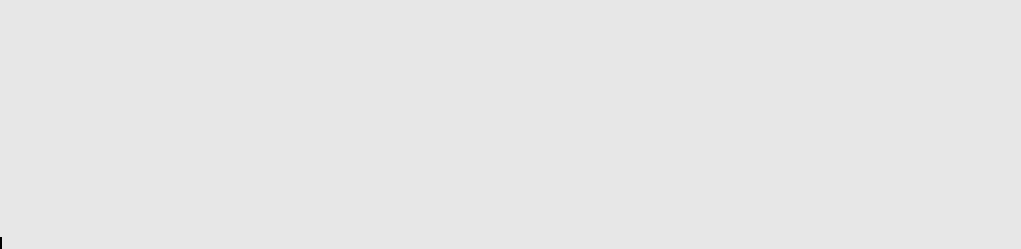
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I avoid or dislike....

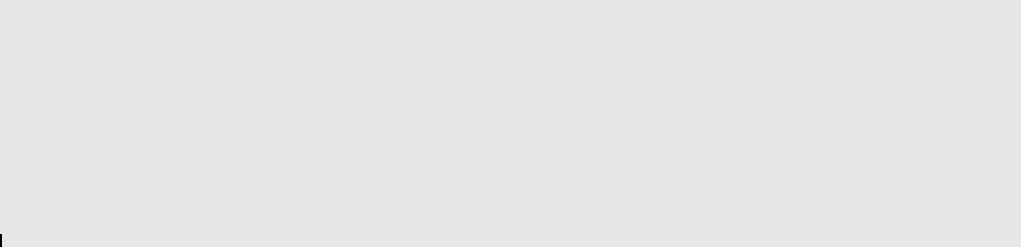
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# About Me - continued

These are the gaps or things that are missing from my life....



I need support to....



Notes





## Exercise 2: My Vision for a Full, Meaningful, Inclusive Life

### My Vision

Career / Study

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Recreation / Leisure

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Relationships

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Home

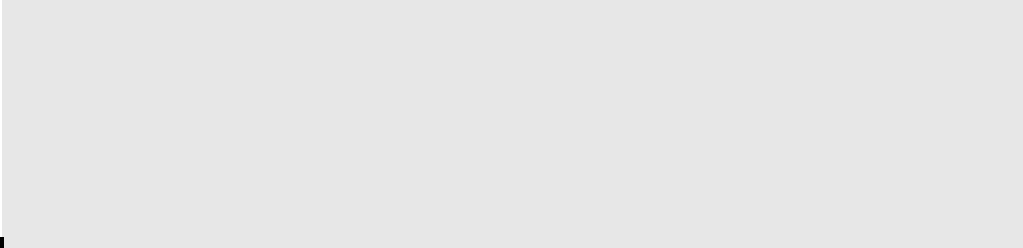
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Spirituality / Meaning

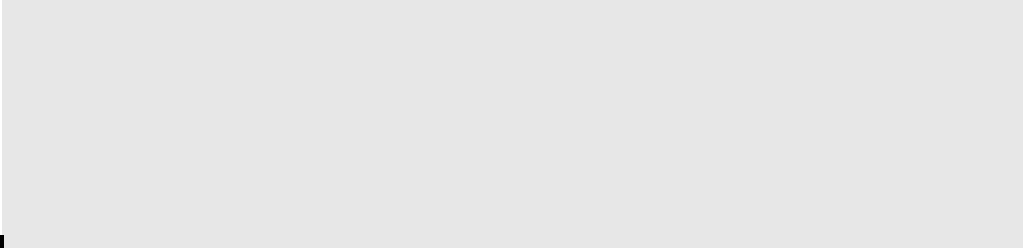
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# My Vision - continued

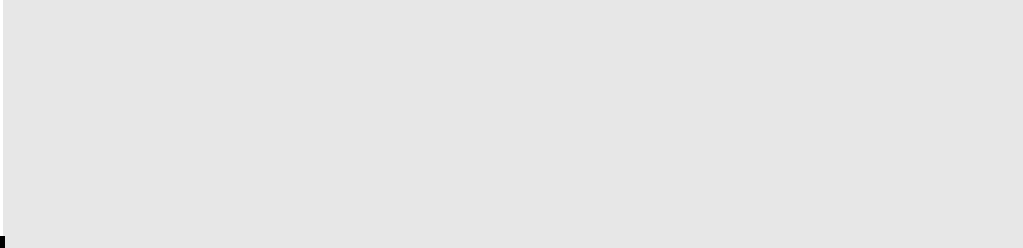
Civic Contribution



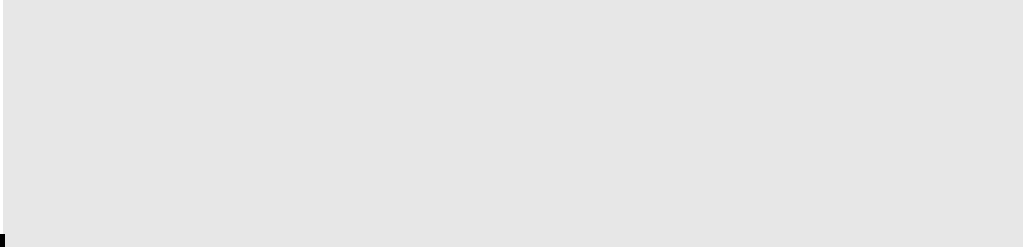
Volunteering



Health / Wellbeing



Safeguards



# My Vision - continued

## My Vision

Draw or place images here



## Exercise 3: My Priorities for the Next 1 or 2 Years

### My Priorities

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# Exercise 1: Is a Circle of Support a Good Idea for Me?

## Is it a Good Idea?

If I have a Circle of Support the benefits might include....

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A Circle of Support might meet my needs in the following ways....

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Some of the key challenges might include....

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Some of my fears and resistances include...  
How could I overcome these?

---

I could contribute to my Circle of Support in the following ways....

---

## Is it a Good Idea? - continued

What do I need to have in place to have a Circle of Support?...  
eg. somewhere to hold the meeting, help to facilitate the meetings

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Do I have the time and energy to give my Circle of Support, over time? Is there anyone who could assist me?

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Notes



## Exercise 2: My Ideal Circle of Support

### My Ideal Circle of Support

My ideal Circle of Support will look like this, eg. young and vibrant

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My Circle of Support will feel, eg. relaxed, welcoming, confident, enthusiastic

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What are the qualities and attributes of the Circle, eg. stretching / pushing the limits, holding a vision for inclusion

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When we meet together we will be, eg. respectful, listen to each other

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## Exercise 3: The Purpose of My Circle of Support

### Purpose

The purpose of my  
Circle of Support is  
to....

---

The focus and  
priorities for my Circle  
of Support now are....

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In the future my Circle  
of Support might assist  
me to....

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## Exercise 4: The People I will Invite to be Members of My Circle of Support

### Qualities of Members

My Circle of Support members will have the following qualities and values...

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My Circle of Support members will include people who have the following skills, assets and knowledge...

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My Circle of Support members will have the following connections and associations...

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I get on well with the following people who are a similar age...

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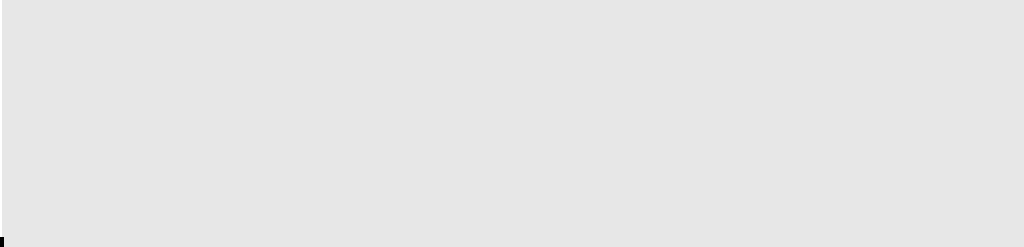
These are people I don't know well yet, who might make an ideal match...

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# List the People who Match the Qualities You Have Identified

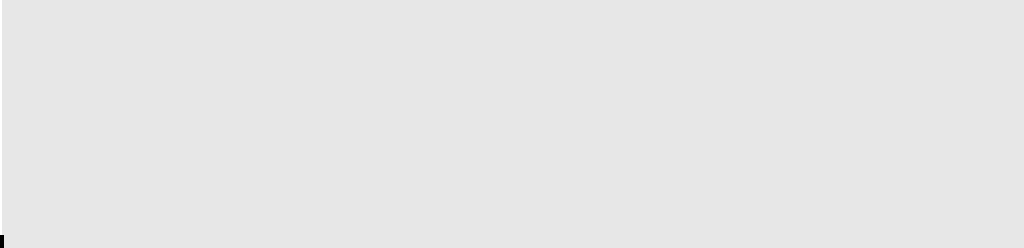
Person 1

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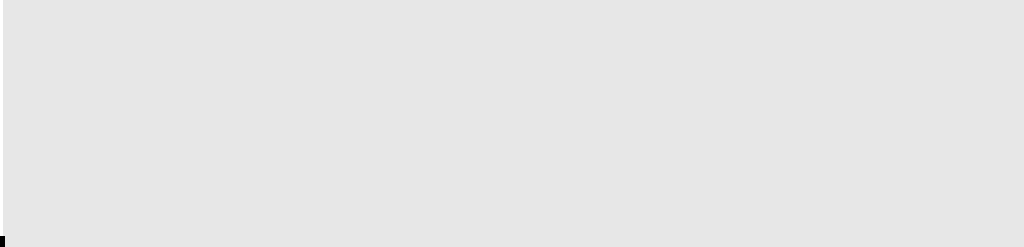
Person 2

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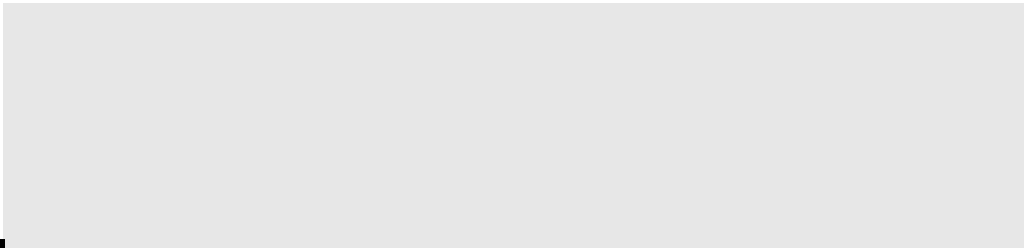
Person 3

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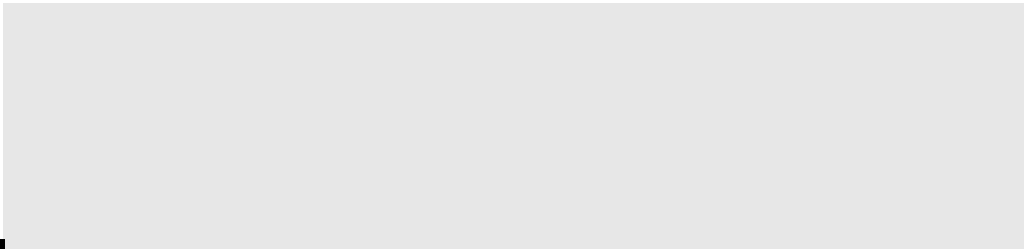
Person 4

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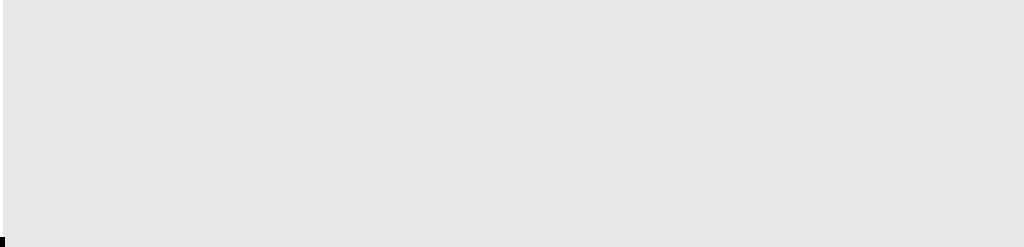
Person 5

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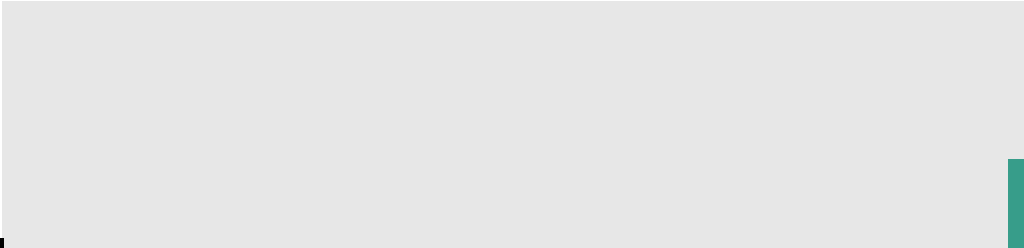
Person 6

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Person 7

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## Exercise 5: Members of My Circle of Support will need to Make the Following Commitments

### My Circle of Support Meetings

Will be held on  
(day and time)....

Will go for  
(duration)....

Will be held at  
(venue)....

Circle Member who  
does not live close,  
attend via Zoom...

Will be held every  
(how often)....

Will start or finish with  
(eg. dinner)....

Outside of meetings,  
Circle members will  
need to....

Circle members will  
need to commit for  
(term eg. 1 year)....



## Exercise 6: Asking and Inviting People

### How to Invite People

The best time to ask  
is....

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I will ask people to be  
a member of my Circle  
of Support by....

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When I ask people to  
be a member of my  
Circle of Support, I will  
say....

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## Exercise 7: Strengthening My Circle of Support

### Ways to Strengthen my Circle of Support

At the meeting we can get to know each other by....

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Some creative connection activities include....

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Outside of the Circle of Support meetings we could...

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Other ways we can get to know each other....

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## Exercise 8: Creating Renewal and Succession Planning

### Circle Meeting Review

What did I like most about the meeting?



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What could be improved?



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What didn't work?



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# Annual Reviewing of my Circle: Bridge the Gap

If we were working at our best, this will be happening.

BEST  
**Step 1**

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GAP  
**Step 3**

What do we need to do to bridge the gap?

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NOW  
**Step 2**

What is actually happening now?

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## Replacing Members

When a Circle of Support member is thinking of leaving, they need to....

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They should give this much notice....

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We will replace the member by....

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To bring new members up to speed, we will....

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