Mobilizing People in Your Life to Meet Your Needs

FOR IDEAS OF PEOPLE WHO COULD HELP: Think about: **family, friends, classmates, neighbors, congregation members.** Think of people you know from: **activities you do, organizations you're in, places you go.** **Scroll through your:** - phone's contacts - social media contacts - email contacts if fitting	**CLARIFY YOUR NEEDS**: check all that apply ☐ Cooked Meals ☐ Grocery pickup/dropoff ☐ Babysitting ☐ Translation/interpretation ☐ Searching services ☐ Visits ☐ Transportation ☐ _____ ☐ _____ ☐ _____ ☐ _____	**DECIDE HOW & WHEN** you will reach out to each person about getting involved, if not now (Ex. "Will call Tuesday evening") Put reminders in the system(s) you use to stay organized (ex. calendar, to-do list)	**KEY NOTES** from outreach attempt/conversation, like plans, outcomes, etc.: - If you spoke or you left a message - Details about how and when they can help - Anything else you find relevant
NAME:	**NEED(S) you'll ask them for help with:**	**HOW & WHEN you'll reach out:**	**KEY NOTES from outreach / conversation, like plans, etc.:**