

# Mentors and Support System

## Who is on YOUR PIT CREW?



List below the people in your life who you have selected, who are in your life who help you, support you and keep you on Track? These mentors and support people can be critical at important or rough times in your life. They may help with emotional support, academic support, employment support, physical fitness and wellness support, etc. You may want to add details as to how they help you or what traits and characteristics place them in a place to be a mentor or support for you. Make sure you let them know you appreciate them being in your life.

Consider your strengths and personal characteristics. YOU have talents to offer others. Consider people in your life for whom you may be a mentor or support person and think of how you can offer support and mentorship. Document these gifts you may offer others.

Throughout your life consider being involved in community organizations where you can serve as a mentor. Big Brothers Big Sisters, Habitat for Humanity and more! Explore these and offer your gifts!