

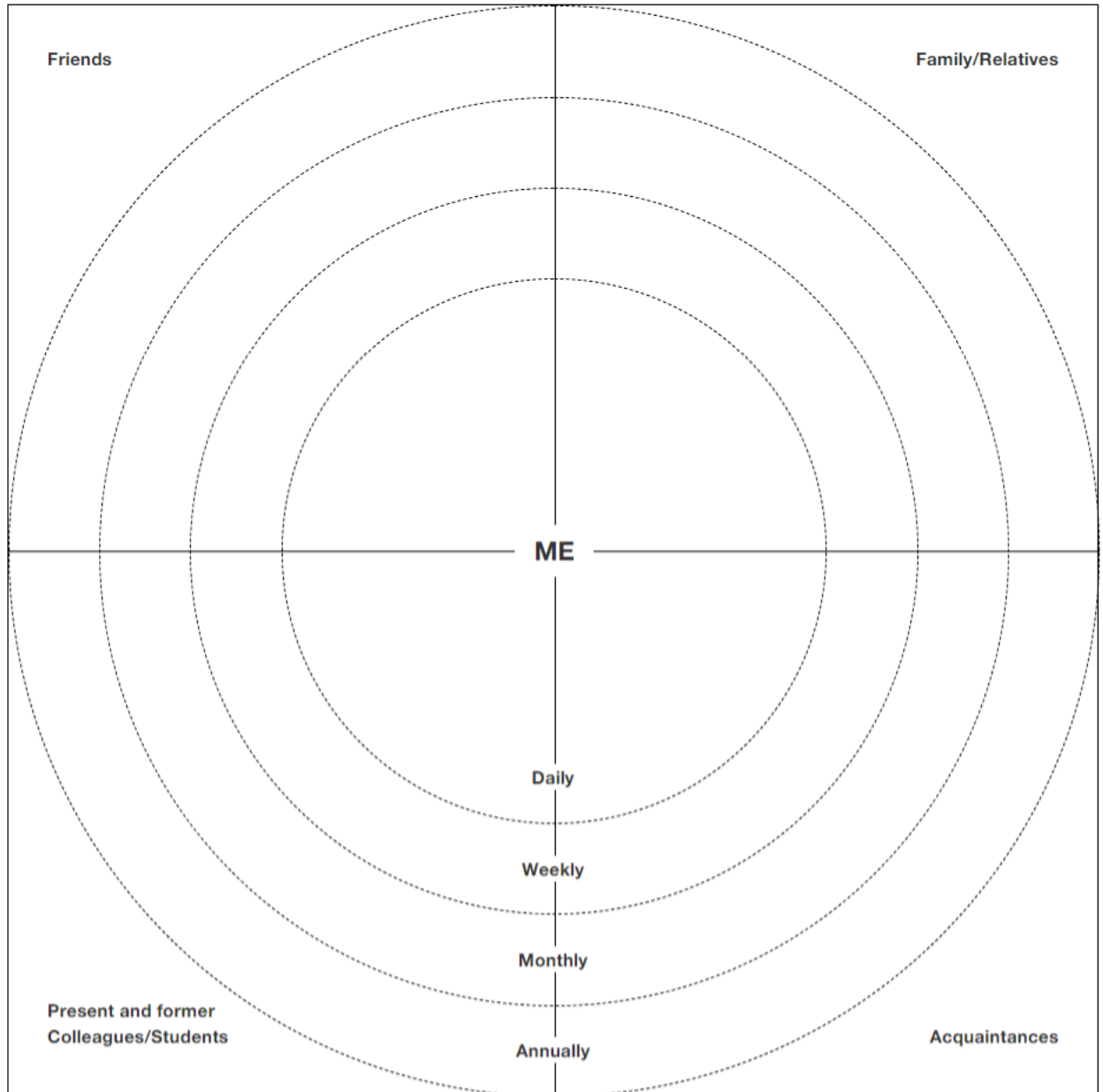
## STEP 2

Fill in this diagram based on how often that you meet the persons in your network (daily, weekly, monthly or annually) in perceived distance from yourself (in the center) try to fill in all categories.



WORLD KNOWLEDGE

MAPPING NETWORK RELATIONS



## STEP 3

The diagram illustrates your present social network. The questions listed below will give you some insight as to what you might like to change in your network and to whom you can ask for help or support.

### After filling in the diagram, then ask yourself:

Looking at the diagram 'mapping network relations' what is your immediate impression of your social network?

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What is your impression of the balance (the number of people) in the 4 different categories and squares? Too many people? Too few? Think about the quality of the relations. Can they support you in your life-changing project?

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Are there some people that you would like to get closer to or to get to know better? If so, what will you do to get these people closer to you?

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Are there people supporting you in a meaningful way. in your network of relations? If so, what will you do to create that distance from these people?

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Which actions will you need to take now in order get closer to one or two relations, that can support you in your project or future goals?

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