**Activity 6.3 My support network**

*We suggest spending around 15 minutes on this activity.*

Try drawing your own spider diagram to illustrate the support you already have and what other support might also be available.

You can use the online tool [bubbl.us](http://www.bubbl.us) or you can do this with pen and paper if you prefer (see Activity 2.2). If you use bubbl.us, you can export your diagram (as a .JPG file) and save it to your desktop. Insert your support network diagram into the space below.

If you think you’ll need further support to achieve your goals, find out who can help you. Discuss your ideas and plans with the important people in your life. Check the list of websites given at the end of this course, noting the details of any organisation you will ask for help.

Then, if you want to, share and discuss your diagram with your mentor or if you are working through the course with a group, the others in your group.