

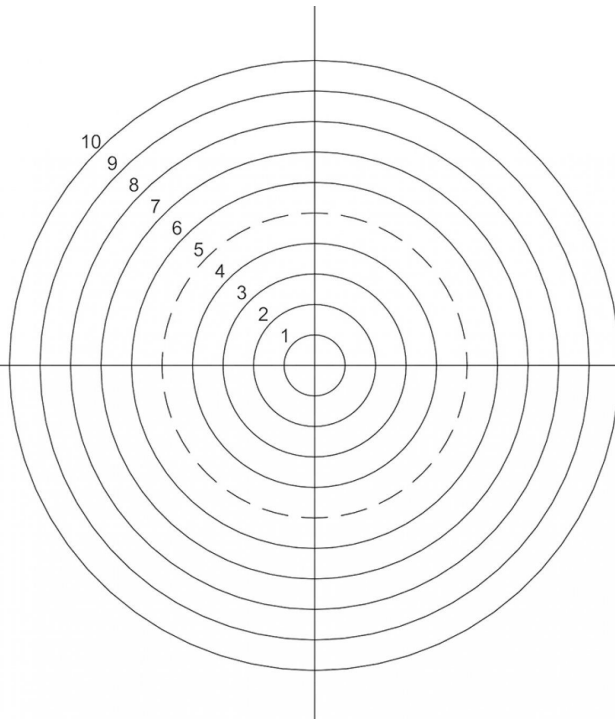
The Support Solar System Exercise

Who in your life supports you in being your best self and creating your massive change? Who plays your coach, your challenger, your co-creator? Map their names in your support solar system - closer to the center means stronger support relationship with you.

MY PRESENT

Map out your present solar system. If you like, you can use the four sections to represent different goals or areas of your life.

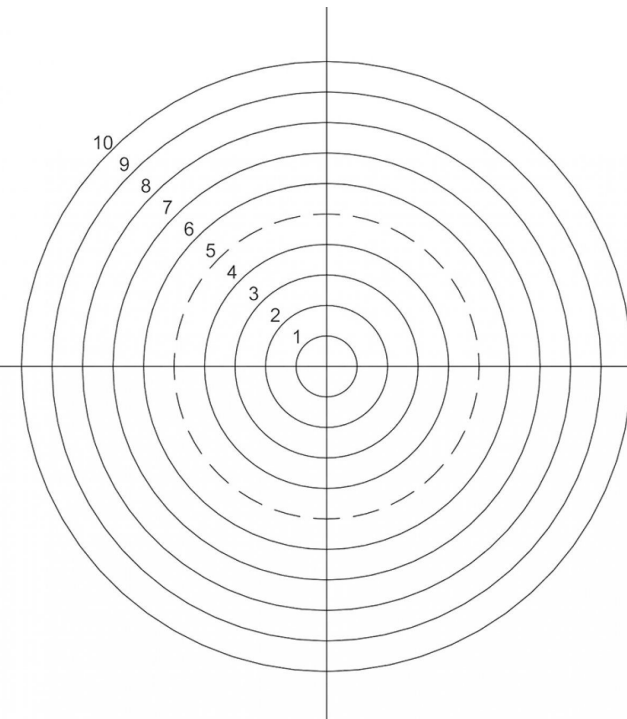
Then ask yourself: Do I have enough support for myself to create the massive change I am wanting? Where are the gaps in my support solar system? Whom do I want to bring closer?



MY FUTURE

Next map out your future desired solar system with all of the pieces you truly would love to have in place - even if you have no idea how to create it!

Ask yourself: What kind of person do I really want to bring into each zone? Where might I find them? Support abounds when you're open to it. Ask a friend. Enroll a neighbor. Or join a conscious leadership group program like [Forward Fearless](#).



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