RVABANKGOAL

based on The Relationship Star from The Mentoring Journal



Person

Contributrion



My contribution for others





My contribution for others



Person

Contributrion



My contribution for others



Person

Contribution



EXPLANATION:

- 1.Define a goal where you'd like to draw support from your environment.
- 2. Think of people around you whom you could support. (Check the box on the right for tips.)
- 3. Think of people who could support you in reaching your goal, and most importantly, how they could help.



THE KARMA-BANK-TIPP

How can I figure out how to support others?

Keep your goal in mind: What enables you to aim for that goal? Think about your strengths and what comes easily to you, when you're at your best, and the moments when you really shine.