



GET CONFIDENCE NOW!

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Create the Support System You Need to Thrive

In the Western world, we like to do things on our own. Who needs help? *Anyone that wants to thrive requires support.*

Support can come in many forms. You can have emotional support, logistical support, health support, organizational support, and so on. Consider the types of support you need today and in the future and put them into place.

Having support increases your possibilities in life:

1. **Look at past successes.** Take inventory of all the times you've been successful in the past. *What support did you have during those successes?* Which people were most helpful to you? What support did you not have that would have been helpful?
 - Do you have similar people in your life that can fill those same roles? Are other tools available that can support your efforts, such as an organizational calendar?
2. **Examine past failures.** Now consider your significant failures. *What support did you need, but lacked?* Do you have people or other tools that can fulfill those roles? Avoid repeating your past mistakes by building the proper support systems.
3. **Project yourself into the future.** Consider what you want to accomplish in the future. Consider your current challenges. What do you need to address the challenges you currently face and expect to face down the road? Think carefully and make a list.

4. **Research support groups.** There is probably already a support group that exists that can help you. Whether you need support in your public speaking efforts, controlling your eating habits, dealing with a cancer diagnosis, or managing a troubled child, there are groups that can help.
 - ***Expand your definition of a support group.*** If your dream is to become a professional bowler, join a bowling league. Even casual, recreational groups can be an important part of your support system.
5. **Find a mentor.** The right mentor can be the most important part of your support system. They have the experience to see the hidden potholes in the road ahead. ***A great mentor won't just help you with your challenges, he'll help you to avoid them in the first place.***
6. **Consider non-person support systems.** It's not just people that provide support. Your planning and organizational tools support your efforts, too. Your alarm clock supports your efforts to get out of bed on time. Your gym membership provides support to your efforts to get into shape.
 - What other tools do you need to ensure that you thrive? Do you need a meditation cushion? A pair of running shoes? A Russian language course?
7. **Go online.** There's at least as much online as there is offline. Find others with the same goals and spend some time in the communities that exist online. Remember that you can use Skype to speak face-to-face with someone on the other side of the world. It's easy to find like-minded people on the internet.
8. **Reach out to those who are already in your life.** Most of the people you know are bored out of their minds. They'll be thrilled to support you in your efforts and spend their time on something worthwhile. There's no reason to be bashful. Be assertive and ask for the help you need.

The more support you have, the easier life can be. ***The more support you have, the bigger the goals you can accomplish.*** Examine your past and your suspected future and procure the support you need in order to thrive. Avoid the desire to take on the world by yourself. It's unnecessary and creates additional obstacles.