My Network Map

Give yourself about 15 minutes. Use initials or roles if you prefer. Keep the worksheet somewhere you can come back to it.

1. Who's in your corner?

Inner circle · Who would show up on short notice?

Close circle · Who could you ask with some notice?

Wider circle · Which groups or acquaintances could you turn to?

How many live within an hour? _____ How many know each other? _____

Optional winter power-out test. Who could help with warmth, food or water, or reliable news? Who would you check on?

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2. Where is support thin?

Write who you'd call and score each answer. 0 · No one comes to mind / 1 · I have someone in mind / 2 · One person I can count on / 3 · Two or more I can count on

Sovereignty · Score out of 9 _____

Who supports what you want to do?

Who _____ Score ___

Who respects your point of view?

Who _____ Score ___

Who could support you at a local meeting about something that matters to you?

Who _____ Score ___

Belonging · Score out of 9 _____

Who would show up in a 2 a.m. emergency?

Who _____ Score ___

Who could look after your kids, pets or home at short notice?

Who _____ Score ___

Who would check in if they hadn't heard from you in a week?

Who _____ Score ___

Vitality · Score out of 9 _____

Who could bring a meal if you were sick?
Who _____ Score ___

Who could you turn to for advice you trust about health or food?
Who _____ Score ___

Who could you walk, exercise or get outdoors with?
Who _____ Score ___

Regeneration · Score out of 9 _____

Who could you buy food from directly?
Who _____ Score ___

Who could help you learn about growing food, water or land?
Who _____ Score ___

Who could share tools, seeds or equipment?
Who _____ Score ___

Prosperity · Score out of 9 _____

Who could give you honest advice about money?
Who _____ Score ___

Who might hire you, refer you or buy what you make?
Who _____ Score ___

Who could you trade skills or services with?
Who _____ Score ___

Overall score (out of 45) ____

Where I could use more support _____

3. Plan the next seven days

My ask · What specific help could I ask for?

My offer · What could I share, and who might need it?

My next connection · Who will I reach out to for the first time, and when?

Example

My close circle includes a neighbour who grows vegetables. I'll ask how they keep food cold during an outage, offer a grocery run, and knock on their door on Friday.