

Building a map of your community

Step 1

Using the template on the next page, fill in the names of absolutely everybody you know. It doesn't matter if you haven't met them in a long time, if you've only met them once or twice, if you can't remember their surname, etc. Just get every contact you've ever made down on paper. (Spend some time on this, it's easy to forget who you've met over the years and only certain memories will remind you)

Step 2

Take a look at your completed community:

How comfortable would you feel getting in touch with each of these people?

Imagine picking up the phone, texting or emailing each of these people in turn to, say, ask if you could buy them a coffee and pick their brains for 20 minutes.

What about if you had an event to go to – who from your list could you see yourself inviting along?

- **If you'd feel absolutely fine about doing this: Mark the name in GREEN**
- **If you wouldn't really like the idea, but could probably steel yourself to go for it if you really thought it would help: Mark the name in YELLOW**
- **If you just couldn't do it, whatever you would gain: Mark the name in RED**

Your Community Map

