



Your Sphere of Influence

Everyone has their own sphere of influence connected through their job, schools, activities, family, etc. Think about the people in your sphere who you interact with regularly. You can create a whole list of people to support your NAMI. Use the lines below to brainstorm.



Examples:

Employer

Co-workers, vendors, clients, networks, other companies within building, etc.

Schools

CPTA, teachers, administration, alumni, Greek life, college, schools, daycares, etc.

Activities

Sports, gyms, parents' groups, social clubs, book clubs, places of worship, country clubs/golf, camps, etc.

Friends & Family

Parents, grandparents, siblings, cousins, in-laws, uncles, aunts, neighbors, friends, social media friends, etc.

Vendors

Banker, salon, dentist, doctor, insurance agent, real estate agent, auto shop, coffee shop, veterinarian, restaurants, etc.

Community

Small businesses, grocery store, neighborhood associations (HOA), clubs, Chamber of Commerce, police/fire department/EMS. etc.