

**1. Assess your current network:**

<p><b><u>Intellectual Community</u></b> (people with relevant knowledge and skills; collaborators) <i>Internal:</i></p> <p><i>External:</i></p>	<p><b><u>Sponsorship</u></b> (people that can advocate for you) <i>Department:</i></p> <p><i>College:</i></p>	<p><b><u>Access to Opportunities</u></b> (people that can connect you to opportunities like grants, service, teaching, etc.) <i>Internal:</i></p> <p><i>External:</i></p>
<p><b><u>Accountability</u></b> (people that will help you develop and meet your goals)</p>	<p><b><u>Role models</u></b> (awesome people that you want to emulate) <i>Internal:</i></p> <p><i>External:</i></p>	<p><b><u>Professional Development</u></b> (people that can help you develop needed skills) <i>Internal:</i></p> <p><i>External:</i></p>

**Emotional support** (family and friends):

**2. Identify your current needs**

- a. Examples: Feedback on ideas, content, etc.; specific research or teaching skills; finding grant opportunities and writing those grants; navigating the tenure process; accountability (Is the annual plan review with the chair enough?)
- b. \_\_\_\_\_
- c. \_\_\_\_\_

**3. Ask: How can I get my needs met?**

- a. Need or "missing piece": \_\_\_\_\_
  - i. Way to meet the need: \_\_\_\_\_
  - ii. Way to meet the need: \_\_\_\_\_

**4. Plan to maximize your opportunities**

	Your next conference	Who already has what you want?	Who has expressed an interest in your work?
Names	1. 2. 3.	1. 2. 3.	1. 2. 3.
Actions	1. 2. 3.	1. 2. 3.	1. 2. 3.

**5. Identify your limiting beliefs:**

- a. Examples: "I don't want to bother people"; "I don't want to appear incompetent"; "I don't know where to start or who to contact"; "I may be rejected/embarrassed"; "I don't have time"
- b. \_\_\_\_\_
- c. \_\_\_\_\_

**6. Commit to action:**

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_