

The logo for 'School of Love' is written in a red, cursive font and is enclosed within a white rectangular frame with a subtle drop shadow.

School of Love

Putting Together Your Dream Team

By now you understand that support isn't just a luxury, it's a necessity. If you believe yourself to be a highly sensitive person and/or an empath, you've taken the next step and realize support isn't just a necessity – it's critical to living a healthy, loving, and joyful life.

Now that you've had a week to practice your self-designed loving structure, it's time to add your dream team to the equation. Go back and look over your circles of support from Unit 1, Lesson 1. Put it side-by-side with your loving structure page from the last lesson (Unit 4, Lesson 2). In the questions below you'll get to decide who makes it onto the team as best qualified to support your loving structure from the outside, while you support it from the inside. Choose from any or all of the 3 circles.

Your dream team might already be assembled and active. So now's your chance to go deeper and make sure they know what you need, because you're articulating your needs clearly and simply. And you can check to see if any revisions, additions, or changes need to be made to your team.



1) Write down each member of your dream team – whether they are in a physical body or not, and how you plan to allow them to support you. Describe what you need their role to be on your team.

2) How does each one support the transformation of your challenge and any future challenges you might wish to transform?

3) Are you able to articulate your wants, needs, and desires in each of these relationships?

4) Do you offer support in return – whether that's emotional (friendship) or monetary (a therapist)?

5) Do you feel the support is equal between you and each member of your team? If not, which ones feel out of balance?

6) Do you need to allow yourself to receive or give more than you are presently doing so with anyone on your team? If yes, what do you need to do to bring it into balance?

7) If you're struggling to allow yourself to receive all the support you need, what is one small thing you can do this week to get support? What about a phone call to a friend, asking someone in *School of Love* to continue on with you as a support buddy after the course ends, sitting down and finally communing with the team of angels that you've felt around you for your whole life, or making the decision to let go of a team member because they never really were a good choice to begin with?

Try and add one small opportunity to receive support from one team member each week until you've built a strong, active, balanced exchange of support with your whole dream team!