

# MAKE A SUMMARY OF YOUR **NETWORK OF ALLIES** (PROFESSIONAL AND PRIVATE)

**I feel that I am in constructive surroundings and regularly receive positive/constructive criticism**

**I can count on people around me who give me their support**

**I can turn to several people who will listen and help me if I have a problem**

**My allies have confidence in my abilities and in the quality of my work**

**I am inspired by significant individuals who guide me to develop my abilities**



**WORK WELL  
FEEL WELL**  
*Bien dans son travail*

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