ASK A MATE SELF REFLECTION TOOL

Who are the young men in your life? How do you currently show up for them? Could you be doing a bit more?

Date

Young men in your life Names	**Connection** Family, friends, neighbourhood, club, workplace	**Current ways of showing up** Phone calls, activities together e.g. playing sport, coffee catchups, online catchups	**Current time investment** Minutes/month	**Pledge to show up more** How?

Three-month check in

Have i showed up more?	Successes	Barriers	Modifications

Six-month check in

Have i showed up more?	Successes	Barriers	Modifications

Nine-month check in

Have i showed up more?	Successes	Barriers	Modifications