

PERSONAL

Write down your ideas of who to contact and how (reach out by phone, e-mail, social media, letter-writing, etc.)

Family	<ul style="list-style-type: none"> Go beyond your immediate family <i>Who did you see at the last reunion or holiday party?</i> 	
Friends	<ul style="list-style-type: none"> Include friends from other periods of your life <i>Grade school, high school, college or graduate programs</i> Informal groups or clubs <i>Book club, exercise groups, poker night or sports groups</i> 	
Distant Contacts	<ul style="list-style-type: none"> Review wedding or shower guests list Review your holiday card list Were you in a sorority or fraternity? Ask your March of Dimes staff contact for a list of donors and team members Anyone in your circle that you recently supported in a charity event of their own 	
Community	<ul style="list-style-type: none"> How are you involved in your community? <i>Volunteer activities/organizations</i> <i>Your children's activities</i> <i>Civic or religious organizations</i> <i>Facebook groups</i> <i>Connections on social media</i> 	
Daily Activities	<ul style="list-style-type: none"> What does your average day or weekend look like? What businesses do you frequent? <i>Grocery stores, dry cleaners, gyms, salons and doctors</i> 	

PROFESSIONAL

Write down your ideas of who to contact and how (reach out by phone, e-mail, social media, letter-writing, etc.)

Co-workers	<ul style="list-style-type: none"> Ask outside your department or direct contacts <i>Outlook contacts, office directory</i> Former co-workers from previous jobs or positions 	
Business Contacts	<ul style="list-style-type: none"> Who do you regularly interact with? <i>Clients, partners and vendors</i> Where does your business regularly spend money? 	
Professional Groups	<ul style="list-style-type: none"> Review your LinkedIn network Think of different organizations whose meetings you attend regularly <i>Chamber of Commerce, Municipal Meetings</i> Networking groups <i>Industry groups, professional development</i> 	