

Network Inventory

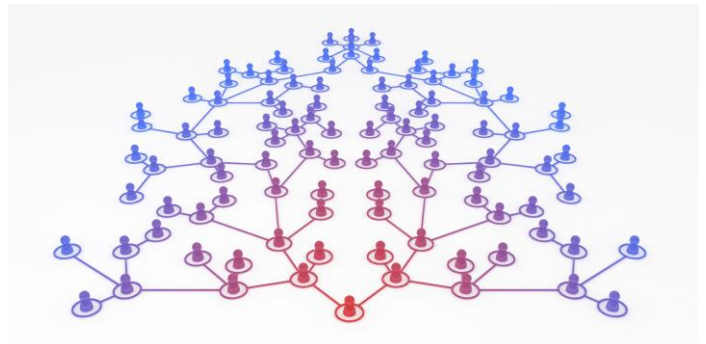
Network Module / Community Domain

Date



Instructions

- In this exercise, you will be defining the people in your network or you would like to be in your network. This exercise will take about 20 - 30 minutes.
- On page 2 In the column called "Category", define approximately 5 categories of contacts and write the categories in the column. Examples of categories include:
 - Mentors / teachers
 - Professional contacts
 - Specialty insiders
 - Gender / lifestyle / role models
 - Family / friends
 - Colleagues / classmates
 - Social activities
 - Others
- After you have defined your categories, take 5 to 10 minutes and write down all the people you currently know whom you want to maintain your relationship with. Write those names down on column A in all the categories you have defined. **Target ~15 to 25 names**
- After you have written down names for category A, take 5 to 10 minutes and write down all the people that you know, but you want to get to know better. Write those names down on column B in all the categories you have defined. **Target ~10 to 15 names**
- After you have written down names for category B, take 5 to 10 minutes and write down the names of people that you don't know well but you would like to approach. This may also include categories of people (e.g. researchers who focus on diabetes). Write those names (or categories) down on column C in all the categories you have defined. **Target ~ 5 to 10 names/categories**
- Once you have all the names defined, you should systematically reach out to those people to establish or re-establish contact.
- Revisit this inventory on a regular basis (e.g. monthly) and update as needed.





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Category	A. Maintain People who you already know well that you should maintain contact with	B. Develop People who you know of but should get to know better	C. Explore Categories of people who you should reach out to
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