## PERSONAL

### Family
- Go beyond your immediate family
  - Who did you see at the last holiday party or reunion?

### Friends
- Include friends from other periods of your life
  - Grade school, high school, college, graduate programs
- Informal groups or clubs
  - Book clubs, poker night, Connections Groups, intramural sports groups

### Distant Contacts
- Review wedding or shower guest lists
- Your holiday card list
- Sorority/fraternity sisters/brothers
- Ask your MS event coordinator for past campaigns, donor lists, or team rosters
- Anyone who you recently supported in a charity event of their own

### Community
- How are you involved in your community?
  - Volunteer activities/organizations
  - Your children's activities
  - Civic or religious organizations
  - Facebook groups
  - Connections on social media

### Daily Activities
- What does your average day or weekend look like?
- What businesses do you frequent?
  - Grocery stores, dry cleaners, gyms, salons and doctors

## PROFESSIONAL

### Co-workers
- Ask outside your department or direct contacts
  - Outlook contacts, office directory
- Former co-workers from previous jobs or positions

### Business Contacts
- Who do you regularly interact with?
  - Clients, partners, vendors
- Where does your business regularly spend money?

### Professional groups
- Review your LinkedIn network
- Think of different organizations whose meetings you attend regularly
  - Chamber of Commerce, Municipal meetings
- Networking groups
  - Industry groups, professional development