

<h2>PERSONAL</h2>		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> 	

<h2>PROFESSIONAL</h2>		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> 	