


SUPPORT SYSTEM AUDIT + ACTION MAP

 A quick-start tool to help you reflect, identify, and begin building the support you actually need.

Why This Matters:

Most entrepreneurs don't need *more people*. They need **the right kind of support**--aligned, intentional, and emotionally grounding.

This tool helps you:

- Reflect honestly on your current emotional and strategic support system
- Identify misalignments or gaps
- Take the first steps toward creating a support structure that fuels your growth

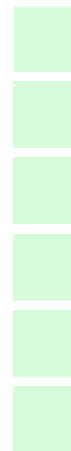
PART 1: Audit Your Current Support Landscape

For each category below, rate your current level of support from 1 (non-existent) to 5 (strong and consistent):




Support Role


- Someone who helps me stay emotionally grounded
- Someone who challenges me to grow
- Someone I can be vulnerable with
- Someone who understands my business vision
- Someone I can turn to when I feel stuck
- A peer I can support in return



 **Tally:** How many categories are ranked 4 or 5?

 If you scored below 3 in more than half the roles, there's opportunity to build or rebalance your system.

SUPPORT SYSTEM AUDIT + ACTION MAP

 A quick-start tool to help you reflect, identify, and begin building the support you actually need.

PART 2: ✨ Alignment Reflection

Answer the following prompts:

1. When was the last time I felt *truly supported*?

What made that support feel genuine?

2. Where in my life am I still relying on proximity over alignment?

Am I expecting support from people who don't share my values or vision?

3. What am I doing (or not doing) that makes it hard for others to support me?

Example: Avoiding vulnerability, not communicating clearly, not asking.

PART 3: 🛠️ Your First Action Step

Choose **one** low-pressure action you'll take in the next 7 days:

- ☐ Send a message to someone you trust and ask for a 15-minute check-in
- ☐ Explore a values-aligned online business or peer group
- ☐ Create a "support wish list" of qualities you're seeking in a mentor, peer, or advisor
- ☐ Practice accepting help (even a compliment!) without deflecting or apologizing
- ☐ Reflect in a journal: *What kind of support would help me feel more grounded right now?*

👣 Next Steps: Ready to Design Deeper Support?

If this tool sparked insights, that's just the beginning.

Module 1 of our online training program walks you through mindset shifts, emotional clarity, and personal empowerment--all essential foundations for building a lasting, aligned support system.

👉 [**Explore Module 1: Entrepreneurial Fitness and take your next step**](#)