

**GUIDE 3:  
BUILD YOUR SUPPORT CIRCLE**

# Support Is More Than People Being Nearby

Many of us know plenty of people. We have family, friends, work circles, church circles, WhatsApp groups, and people who check on us from time to time. Still, it is possible to feel alone in what we carry.

Support becomes real when people know how to show up with care, practical help, honest conversation, wisdom, and consistency. Motherhood can make a woman visible as a mother while making her quieter as a person. A good support circle helps bring the full woman back into view.

**SURROUNDED vs. SUPPORTED**

**SURROUNDED**

-  People know you.
-  People greet you.
-  People see the role you play.
-  People may not know what you carry.



Many people around.  
But little understanding.

**SUPPORTED**

-  People listen with care.
-  People help in practical ways.
-  People check in before you break down.
-  People make room for the woman behind the mother.



The right people around.  
And a whole lot of understanding.

**THE 3 FOUNDATIONS  
OF A STRONG SUPPORT CIRCLE**

**1**

**SAFE CONVERSATION**



Women need places where they can speak without performing.

**2**

**PRACTICAL HELP**



Support must sometimes look like childcare, errands, transport, meals, or time to breathe.

**3**

**STEADY COMMUNITY**



A good circle helps us stay connected, grounded, and seen.



**SUPPORT CHANGES THE LOAD.**

Research consistently shows that strong social support can help mothers cope better with stress, emotional pressure, and major life transitions.

**BOSS MOMS WORLD REMINDER**



Boss Moms World is building rooms where women are not only celebrated for what they carry, but supported in how they carry it.

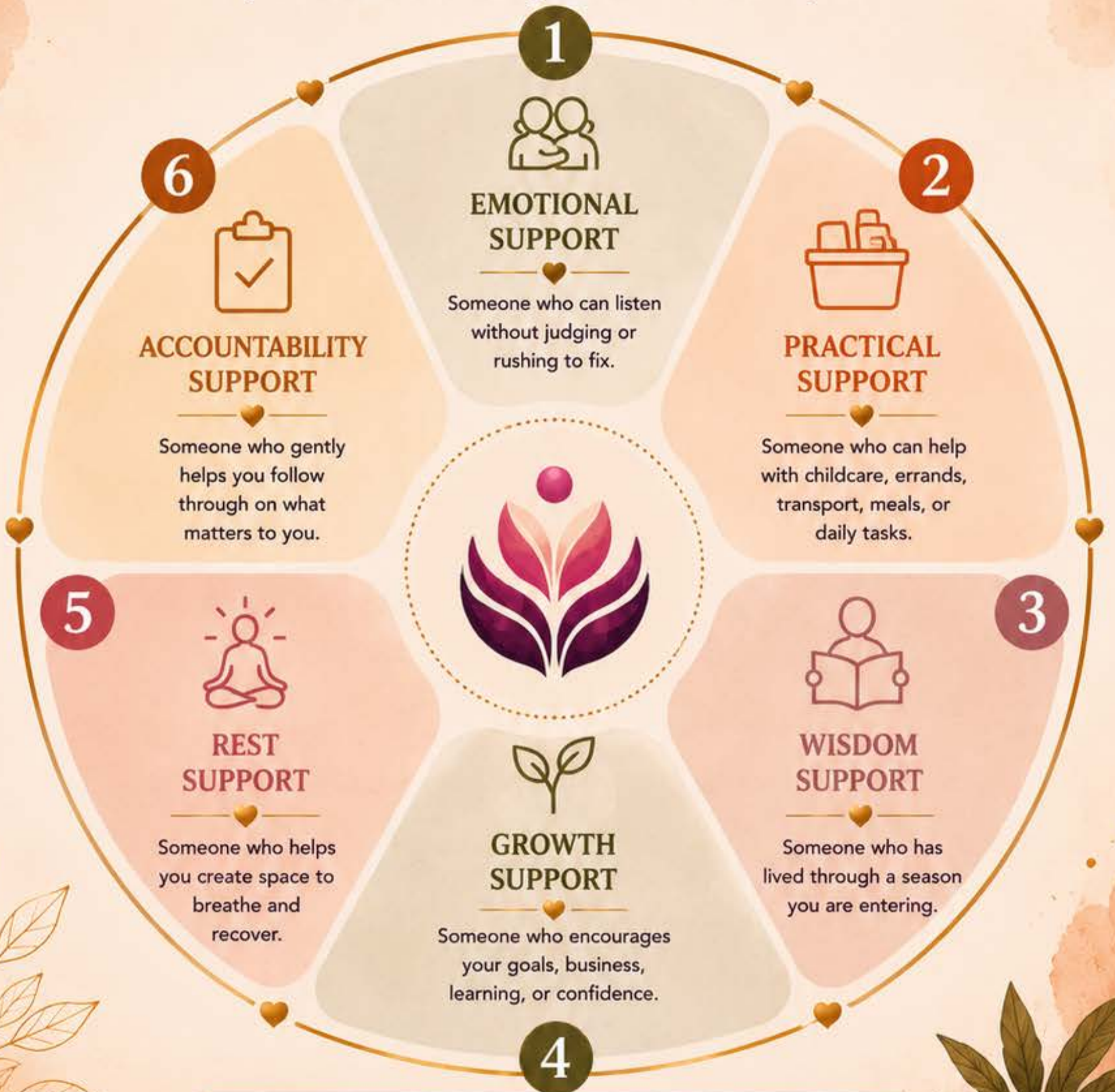
Support should make life feel less lonely,  
*not just more crowded.*

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• The Boss Moms •  
**Support Circle Map** •

A support circle does not have to be large.  
It only needs to be real enough to meet the season you are in.



**THE RIGHT CIRCLE** gives different kinds of help for different kinds of need.



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# How to Ask Without Feeling Like a Burden

Many women wait too long to ask for help because we think support should arrive without explanation. Sometimes it does. Often, it does not. A clear ask gives people a better chance to show up well.

## THE CLEAR ASK FORMULA

<p><b>1</b></p>  <p><b>NAME THE NEED</b></p> <p><i>"I need help with..."</i></p> <p>Be honest about what would help.</p>	<p><b>2</b></p>  <p><b>MAKE IT SPECIFIC</b></p> <p><i>"Can you handle the baby for two hours on Saturday?"</i></p> <p>Specific asks are easier to say yes to.</p>	<p><b>3</b></p>  <p><b>GIVE THE REASON, BRIEFLY</b></p> <p><i>"I need time to rest and reset."</i></p> <p>Share enough context, not your whole story.</p>	<p><b>4</b></p>  <p><b>SET THE TIME OR BOUNDARY</b></p> <p><i>"From 2 to 4 would help me."</i></p> <p>Boundaries help people show up well.</p>	<p><b>5</b></p>  <p><b>RECEIVE WITHOUT APOLOGIZING TOO MUCH</b></p> <p><i>"Say thank you. Do not turn your need into a courtroom defense."</i></p> <p>You deserve support without carrying guilt.</p>
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## PRACTICAL PHRASE CARDS

 <p><i>For Rest</i></p> <p><i>"Can you watch the baby for two hours so I can rest properly?"</i></p> 	 <p><i>For Emotional Support</i></p> <p><i>"I don't need advice yet. I just need you to listen."</i></p> 	 <p><i>For Household Help</i></p> <p><i>"Can we divide this differently this week? I am carrying too much."</i></p> 	 <p><i>For Business or Growth</i></p> <p><i>"I need someone to help me think through this next step."</i></p> 	 <p><i>For Friendship</i></p> <p><i>"Can we talk honestly? I have been quiet, but I need my people."</i></p> 
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AT BOSS MOMS WORLD,  
asking for support is not treated as failure.

*It is treated as wisdom, timing, and care.*



**REMEMBER THIS:**

You were never meant to mother, build, work, heal, and hold everything alone. A strong support circle helps you keep showing up—without losing yourself.



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# Build Your Circle Before You Need a Rescue

Support works best when it is built before life becomes too heavy.

We do not need a perfect circle. We need a real one:

*a few people, a few habits, and a few spaces*  
that help us stay connected, grounded, and seen.

**7-DAY SUPPORT CIRCLE PRACTICE**


- DAY 1**  **NOTICE THE GAP**  
Which kind of support would help you most right now?
- DAY 2**  **NAME ONE SAFE PERSON**  
Choose one person who has shown care, maturity, or steadiness.
- DAY 3**  **MAKE ONE CLEAR ASK**  
Keep it specific enough for someone to answer.
- DAY 4**  **OFFER SUPPORT TOO**  
A circle grows stronger when care moves both ways.
- DAY 5**  **CREATE ONE REST OPENING**  
Ask someone to help you protect a small pocket of time.
- DAY 6**  **JOIN ONE ROOM THAT FEEDS YOU**  
A community, gathering, women's group, professional circle, faith space, class, or Boss Moms World event can become part of your support system.
- DAY 7**  **KEEP THE CIRCLE WARM**  
Check in, follow up, appreciate people, and keep honest conversation alive.



**MY COMMITMENT**

This week, I will strengthen my support circle by:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**BOSS MOMS WORLD REMINDER**

Boss Moms World is building a community where mothers and mothers-to-be can find honest conversation, practical encouragement, shared wisdom, and rooms that make space for the woman behind the mother.



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Support should make life feel less lonely,  
*not just more crowded.*

*Join the conversation.*

**BOSS MOMS WORLD 2026 BRUNCH GATHERING**

An intimate gathering for the woman behind the mother.



Reserve your seat: [bossmomsworld.com](https://bossmomsworld.com)

