

# Your Intentional Community Map

## Sustainable Success Reflection Exercise

One of the greatest forms of support, resilience, accountability, and sustainable success comes from intentionally cultivating the right people around you.

Years ago, Barbara Huson taught me that creating a strong community isn't simply about having a lot of people in your life—it's about intentionally surrounding yourself with people who support, challenge, guide, and strengthen you in different ways.

Below are the five categories Barbara outlines in her book *Overcoming Underearning*. As you move through this exercise, reflect on:

- Who currently fits each role in your life?
- Are there categories where you feel deeply supported?
- Are there categories where there may be gaps?
- Who might you want to intentionally cultivate deeper relationships with over time?

Your community does not need to be large. Even one or two people in each category can profoundly impact how supported, resourced, grounded, and empowered you feel.

## The 5 Types of People to Have in Your Intentional Community

True Believers	Confidants & Colleagues	Way-Showers	Messengers	Naysayers
People who believe in you no matter what— even when you temporarily lose belief in yourself.	Trusted people who have your back, support you emotionally, and stand beside you.	People who have already traveled a path you desire and can help guide the way.	People who share important information, introductions, opportunities, or wisdom you need along your journey.	People who doubt you or challenge you. Surprisingly, they can strengthen your resolve and sharpen your clarity.

# Reflection Questions

- Which category currently feels strongest in your life?

- Which category feels most empty or underdeveloped

- Where have you been trying to navigate life or business alone?

- Who helps you feel more grounded, supported, inspired, or expanded?

- Who helps you move from force into trust?

- Who reminds you of who you are when life gets hard?

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## A Gentle Reminder

Sustainable success is not created in isolation.

It matters who walks beside you—and who those people are—especially when life takes unexpected turns.

For a deeper exploration of this concept, see Chapter 9 (“The Right Community for You”) in *Sustainable Success*.