

Fill this in during the session, or print it and use a pen. One name per box. If a box is blank, leave it blank — that blank is the most useful thing on the page.

1 The five types of support

WHO · DEPTH

Strategic

INFORMATIONAL

Sees the whole board

☐	☐	☐	☐	☐
1	2	3	4	5

Peer

BELONGING

Same seat, no backstory needed

☐	☐	☐	☐	☐
1	2	3	4	5

Operational

INSTRUMENTAL

Carries real weight off your plate

☐	☐	☐	☐	☐
1	2	3	4	5

Personal

EMOTIONAL

Knows you outside your title

☐	☐	☐	☐	☐
1	2	3	4	5

Professional

APPRAISAL

Exists only for you

☐	☐	☐	☐	☐
1	2	3	4	5

Rate the depth, not how much you like them. It counts when someone notices you've gone quiet, asks twice, and help arrives before you ask for it.

2 Which box will you work on first?

☐ Strategic

☐ Peer

☐ Operational

☐ Personal

☐ Professional

3 Your two-line message

TO _____

LINE 1 — NAME THE SPECIFIC THING

LINE 2 — THE ASK, WITH A TIMEFRAME

☐ I sent it.

IF YOU'RE STUCK

"I've been sitting with [the thing], and you're the person whose take I actually want. Can I steal 20 minutes this week?"