

Build Your Own Support System Map

Take 10 minutes to see what you're carrying, where you need help, and what support could look like.

1. What's taking the most from me right now?

- | | |
|---|--|
| ☐ Childcare & parenting | ☐ Life admin |
| ☐ Home & household | ☐ Emotional load |
| ☐ Work, career or business | ☐ Time for myself |

THE THREE THINGS THAT FEEL HEAVIEST RIGHT NOW:

1. _____
2. _____
3. _____

2. What would actually help?

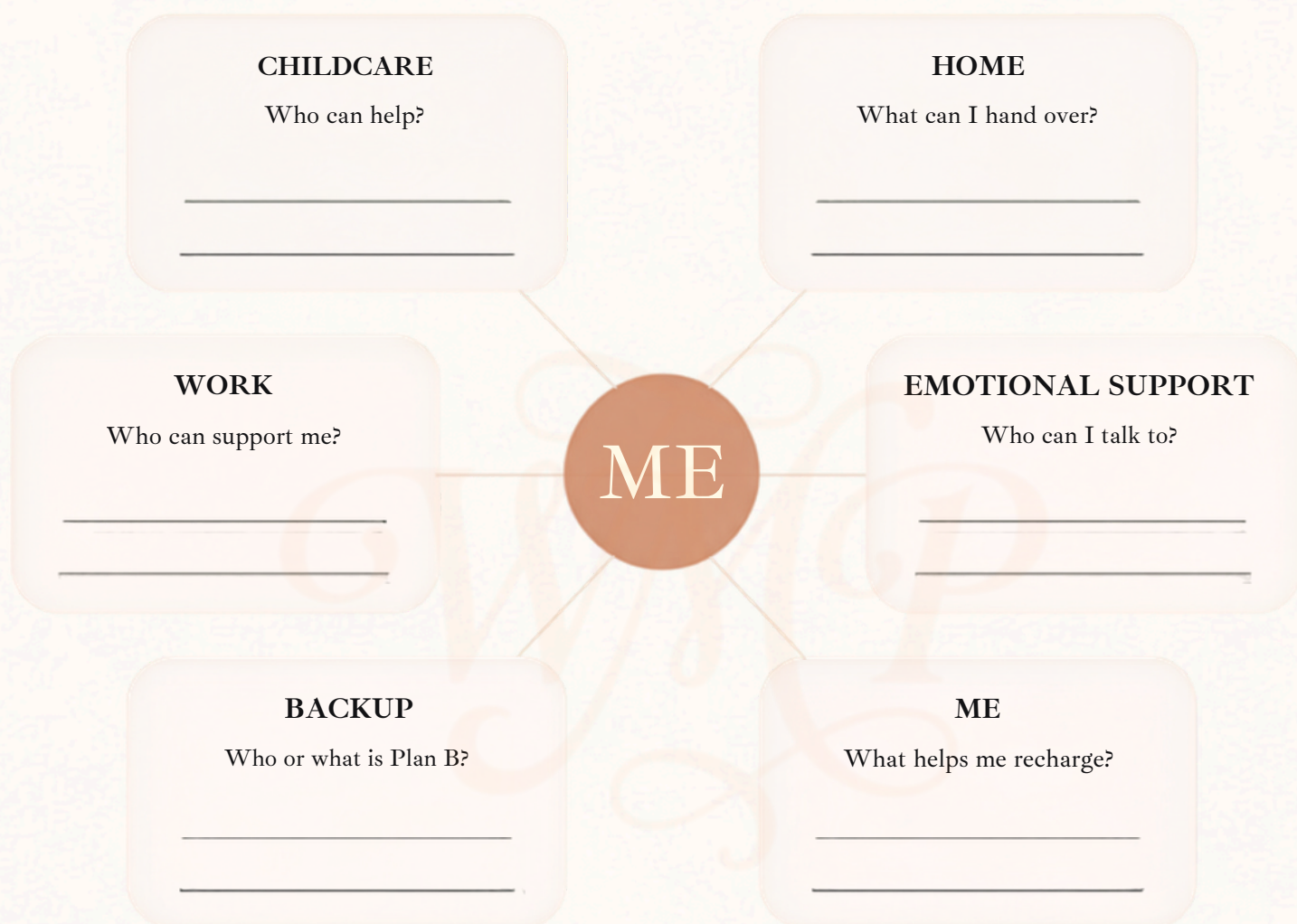
WHAT'S HEAVY?	WHAT WOULD MAKE IT EASIER?	WHO OR WHAT COULD HELP?

3. What's making it difficult to get this support?

- | | | |
|--|--|--|
| ☐ Cost | ☐ Asking feels difficult | ☐ I'm used to doing it myself |
| ☐ Trust | ☐ The support isn't available | ☐ Other: |
| ☐ I don't know who to ask | | |

My Support System Map

Use this space to see your support at a glance. Add people, services, routines or arrangements that genuinely support you.



One Thing I Can Change This Week

The support I need most right now is:

One small thing I'm going to do about it:

Your support system doesn't need to look like anyone else's.
Start with what you have, notice what's missing, and find one small way to make
this season a little easier.

WorkingMumopedia

Real stories from working mums, for the moments you wonder, "Is it just me?"