

Josie's 3A's For Building Your Working Parent Village

Step 1: Assess

What are **2 -4 personal values** that are important to you right now in this season of life? (e.g., curiosity, presence, humor, growth, compassion, generosity, connection)

What do I need from a village in this season of life? (e.g., getting organized, a sounding board for parenting / career, cooking, financial management, getting good TV show recommendations, someone to just listen, someone to laugh with)

What am I good at? What do I love doing? (e.g., organizing, sharing the latest Dr. Becky podcast takeaways, cooking, financial management, making good TV show recommendations, listening, making people laugh)

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Step 2: Attract

Take a moment to think about your identity as a parent, and then as a professional. Who are the people in your orbit who can support you in these roles? Among those people, who would you like to have a closer relationship with? In the space below, write down 1 - 2 names in each of the four boxes.

	Parent	Professional
Relationships I want to build / nurture		

My go-to icebreaker:

For new relationships, sometimes it's good to have a strategic icebreaker on-hand 😊
 Our favorites? Tell an embarrassing story, make a pop culture reference, ask a question that taps into their Subject Matter Expertise (SME), or be a SME.

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Step 3: Advance

What can I let go of to make space for my village? (e.g., a relationship that no longer serves me, that late night doom scroll, that kid's activity you were pressured into signing up for)

One commitment to nurture a parent relationship:

One commitment to nurture a professional relationship: