

**SELF-HELP IS  
OVERRATED.**

**OTHERS-HELP IS  
UNDER-RECOGNIZED.**





I tried to do everything alone last year.

Build, scale, support, lead, mentor,  
coach.

And I burned out.







It wasn't another habit or hack that helped.

It was a conversation with **Shivani**.

What started as a different yet identical individual vision became the beginning of **IntuiWell**.





That one change from “**I**” to “**We**”  
brought back clarity, momentum, and  
meaning.

“

You’ve been made by nature  
for the purpose of working with  
others.

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Marcus Aurelius

”



We're not built for isolation.  
We're built for **contribution**.

You don't just show up for yourself.

You grow because someone's lifting you.  
You lead because others are depending  
on you.



# THE TOOL: DEPENDENCE MAP



**Try this simple but powerful tool.**

Draw a 2x2 grid like this:

Dependence Map	Personal	Professional
Who Depends on Me?	Family, Friends, Mentees	Team, Clients, Peers
Who I Depend On?	Partner	Co-Founder



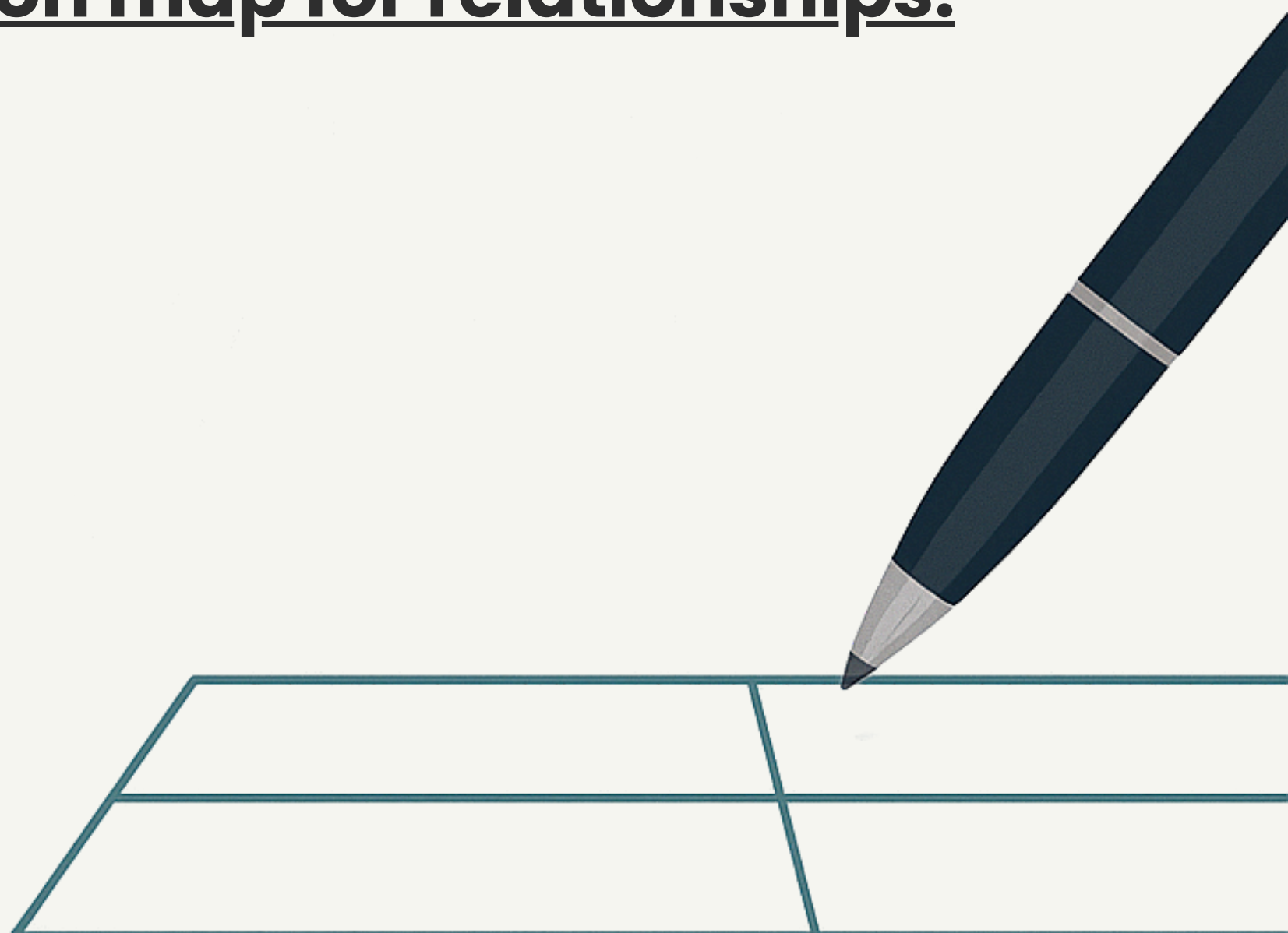


## Ask yourself:

- ✓ What do they need from me?
- ✓ What do I need from them?
- ✓ What can I improve this week?

This isn't just reflection.

It's an **action map for relationships.**





## **When you lean into connection:**

- ✓ Motivation rises
- ✓ Accountability sharpens
- ✓ Purpose deepens





# OTHERS-HELP IS THE MOST UNDERRATED GROWTH TOOL.

Stop trying to do it all alone.

**Build** with others.

**Grow** with others.

**Heal** with others.

**Curious:**

Who's on your Dependence Map right now?

