

Connection Quadrant Worksheet

Fill in each quadrant with the names of people or groups who play that role in your life. Circle the strong connections, highlight gaps, and write 1–2 actions you can take this month to strengthen each quadrant.

Mentor Time

People who are ahead of you in business or life.

They challenge your thinking and help you avoid costly mistakes.

Examples: business coach, retired founder, industry veteran.

Goal: At least 1 hour/month with a mentor.

Action: Make a list of 3 potential mentors and send them a “coffee chat” invite this week.

Community Rituals

Recurring activities where you feel you belong.

Examples: weekly networking breakfast, mastermind group, church, sports league.

Goal: At least 1 community touchpoint/week.

Action: Choose 1 local or online group to commit to for the next 90 days.

Professional Allies

People at a similar stage who understand your challenges.

Examples: other business owners, fellow entrepreneurs, or industry colleagues.

Goal: At least 2 short touchpoints/week (calls, co-working, text check-ins).

Action: Schedule 2 business-owner lunches or coffee meetups this month.

Family & Personal Boundaries

Your closest relationships outside of work.

Purpose: protect them from being pushed aside by business demands.

Examples: spouse/partner date nights, family dinners, personal hobbies.

Goal: Minimum 1–2 blocks/week of uninterrupted time.

Action: Block out these times in your calendar *before* work events.

How to Use This Worksheet:

1. Fill in names under each box people you already have in each category.
2. Highlight where the gaps are (any empty boxes mean you need to build that area).
3. Use your calendar to schedule regular connection points, relationships are not “nice to have,” they are part of your business infrastructure.

Connection Quadrant Worksheet

Fill in each quadrant with the names of people or groups who play that role in your life. Circle the strong connections, highlight gaps, and write 1–2 actions you can take this month to strengthen each quadrant.

Mentor Time

Community Rituals

Professional Allies

Family & Personal Boundaries

How to Use This Worksheet:

1. Fill in names under each box people you already have in each category.
2. Highlight where the gaps are (any empty boxes mean you need to build that area).
3. Use your calendar to schedule regular connection points, relationships are not “nice to have,” they are part of your business infrastructure.