008 Independence Is Not Isolation

Perspective Fieldbook · https://kb.jeffreysummers.com/docs/008-independence-is-not-isolation-2/

The Demand

Before tomorrow's shift, name one person outside your own building — another operator, a mentor, a peer group — you haven't talked to in the last month. Independence doesn't require isolation, and isolation is a choice, not a condition of ownership. Make one call.

The Work

Name one person outside your own building you haven't talked to in the last month:

Another operator:

A mentor:

A peer group or association:

Which of these best describes why you haven't built this network?

☐ I didn't know it was available

☐ I knew it existed and didn't build it

☐ I believed asking for help was a sign of weakness

The specific call you will make this week, and what you will ask for:

What changes in how you operate once you're no longer carrying this alone: