



The Overlap Method™ Audio Series & Integration Guide

A 3-Step Framework for Reconnecting with Yourself, Building Aligned Relationships, and Creating the Support System You've Been Craving

Welcome! This guide is your companion for slowing down, tuning in, and reflecting honestly on what kind of connection and support you truly want in your life.

Inside, you'll explore **The Overlap Method™** framework: Know Yourself → Show Yourself → Seek the Overlap, and discover how to integrate it in your everyday life.

By the end, you'll have greater clarity about what you want, who you want to call into your community, and how to let those people truly support you.

I believe that behind every strong, capable, self-sufficient person is someone craving deeper connection, true support, and a sense of belonging they can actually trust.

Through The Overlap Method™, I guide people to reconnect with themselves, show up authentically and vulnerably, and build aligned, reciprocal relationships that evolve and support them at every stage.

This isn't about cringy networking — it's about learning how to build intentional, nourishing ecosystems of support that make your goals more achievable, your lives more satisfying, and your impact more powerful.

Before we get started, here's how I recommend you use the Self-Connection Practices to make the most of this reflection and integration process:

1. Do a quick **Mind Body Soul Scan** before you respond to the prompts in this guide and take note of how you feel before, then repeat the process after and note any changes.
2. If you're a verbal processor, I recommend going on a **Self-Talk Walk** and recording yourself asking and answering the reflection prompts into your voice memo app, or directly into ChatGPT if you'd like to receive insights, common themes, or next steps.
3. If you're more of a writer, you can **Write** your responses to the reflection prompts right in here (*just click File > Make a copy so you can edit the doc*) or go analog and use a notebook and pen.

Let's begin!

The Scam of Self-Sufficiency

Just because you can, doesn't mean you should.

We've been sold the lie that we should be able to do it all on our own. That needing help means weakness. That asking for support makes us "too much." But doing it all yourself comes at a cost: isolation, disconnection, and burnout.

Reflection Prompts

1. What beliefs or assumptions do I hold about what it means to ask for support?
2. What moments in my life made me think I needed to do things by myself?
3. What fears and desires are keeping me from asking for and accepting support?
4. Where in my life have these beliefs, fears, and desires served me?
5. Where have they held me back?
6. Which ones am I willing to let go to move forward?
7. Where in my life am I happy to do things myself?
8. In what area would I like more support?
9. What's an example of a time when someone in my life opened a door for me or made an impactful introduction?
10. Who am I worried about disappointing by relying on others?

Integration Actions

1. Record a short voice memo or write a letter to yourself describing the earliest moment you can remember when you stopped trusting others to support you. Then, reflect on how that version of you was trying to protect you — and thank them.
2. Choose a small but meaningful area of your life where you could use support — and make one clear ask. Whether it's emotional, practical, or creative, practice receiving it without apology or over-explaining.
3. Over the next few days, notice when you default to "I'll just do it myself." Pause and ask: Is that true? Is that necessary? Is that helping me feel more connected or more alone?

 **Key Takeaway:** Success is not a solo sport—having the right people around you is everything.

Step 1: Know Yourself

Connection begins with self-awareness.

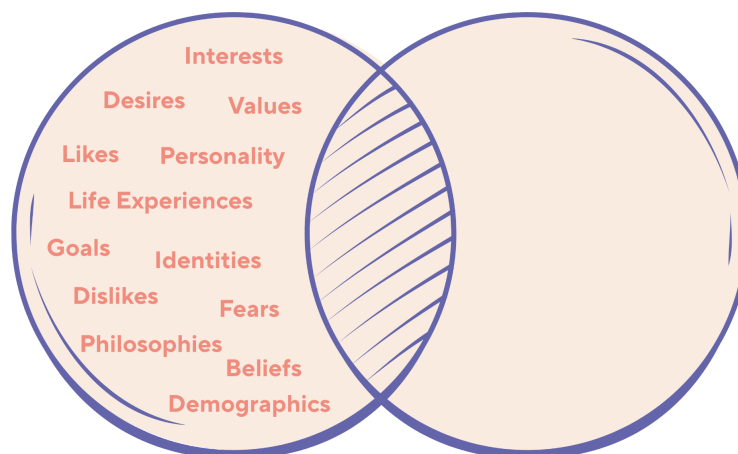
The better you know yourself — your goals, your interests, your values — the easier it becomes to build aligned relationships with others and live a life you're proud of.

Reflection Prompts

1. When's the last time I checked in with myself about my goals, values, or interests?
2. Am I clear about my current focus, priorities, and desires?
3. What do I want more of in this season?
4. What do I want less of in this season?
5. What do I feel disconnected from right now?
6. What parts of my life and career feel off-course?
7. What parts of my life and career feel aligned?
8. What's most important to me today — not last year, not five years ago?
9. Are my goals my own, or are they someone else's given to me?
10. How would I like to be supported by others?

Integration Actions

1. Choose one self-connection practice to try this week: Mind Body Soul Scan, Self-Talk Walk, or Writing.
2. Make a list of your top goals, interests, and values as of today and keep it close by your desk.
3. List out as many things about yourself as you can think of that would go in your circle:



 **Key Takeaway:** When you know and trust yourself, you create space for deeper, more aligned relationships — and a life that makes you proud.

Step 2: Show Yourself

If people don't see the real you, they can't support the real you.

Let's uncover how the 3 Pillars of Authentic Connection (**Alignment → Visibility → Vulnerability**) shape the way you show up in your relationships and communities.

Reflection Prompts

1. How aligned, visible, and vulnerable do I feel in my life right now?
2. Which of the 3 pillars feels most natural to me?
3. Which one feels the stickiest or scariest?
4. Where am I holding back from showing the real me — and why?
5. What do I value in friendships, collaborations, or community?
6. What traits or characteristics do the 2-3 people I'm most connected to have in common?
7. What shared identities or experiences matter most to me?
8. Where am I hiding or observing instead of engaging?
9. Which Vulnerability Archetype (Boater, Rafter, Mermaid, or Diver) do I most relate to today? Why?
10. Am I willing to let myself go deeper with some of my connections? If yes, who?

Integration Actions

1. Create your Connection Criteria with your non-negotiables and nice-to-haves in the people you wish to attract into your life. Use these criteria as your internal filter for who you seek out and allow in.
2. Choose one community you're already in (official or circumstantial) and commit to showing up more intentionally, consistently, and vulnerably in the next 2 weeks.
3. Use the Give Grow Get model to find a new community to join where “your people” might be hanging out.

 **Key Takeaway:** It's far better to be loved for who you really are than liked for who you're pretending to be.

Step 3: Seek the Overlap

Connection is a co-creation — but it starts with you.

Seeking the Overlap is about building, nurturing, and leveraging relationships in a way that feels genuine, supportive, and satisfying for everyone involved. Collaboration doesn't have to be big to be impactful— it just has to feel genuine and reciprocal.

Reflection Prompts

1. What topics or passions do I love bonding with others over?
2. What part of my story or identity might help someone else feel seen?
3. Where do I tend to find people I naturally have a lot in common with?
4. Who in my current life do I wish I was closer to?
5. What small action could I take to move us one layer deeper?
6. How well do I show up for my people? Do I celebrate their wins?
7. How could I do a better job of making my connections feel seen and supported?
8. How does the idea of asking for and accepting support make me feel?
9. If someone were to ask me how they can help me today, would I have an answer that fits the ABCs of Seeking Support framework?
10. What's easy for me to offer people in my community? (Info, Inspo, Intros)

Integration Actions

1. Reach out to someone in your community who you'd like to deepen your connection with and schedule time to connect.
2. Clarify what kind of support you're open to receiving right now.
3. Make one ask using the ABCs of Seeking Support this week — even if it's tiny.



Key Takeaway: You don't have to go it alone — but you do have to teach people how to help you.

Your Connected Life

When you know yourself, show yourself, and seek the overlap, you unlock a life where you're truly connected, supported, & satisfied. You deserve to be surrounded by people who know the real you and love you because of it, not in spite of it.

I believe that behind every strong, capable, self-sufficient person is someone craving deeper connection, true support, and a sense of belonging they can actually trust.

So much of our satisfaction, purpose, and growth in life comes through other people, but you have to be willing to put in the effort to reconnect with yourself, show up authentically and vulnerably, and build aligned, reciprocal relationships that evolve and support you at every stage. I promise it's worth the effort, and I'm here to help make it feel as easy and enjoyable as possible.

Reflection Prompts

Visualize your dream support system:

1. Who's around me?
2. What kind of support am I receiving — and giving?
3. How are my relationships deepening over time?
4. How do I feel in my body when I think of this version of my life?
5. How close am I to that vision today?
6. What's one shift I could make now to get closer?
7. Where do I want to invite in more connection — with myself or others?
8. Who's someone in my life that I could ask to be an accountability partner as I integrate these concepts into my life?
9. What daily, weekly, and monthly practices and habits do I want to incorporate into my life to make internal and external connection more of a focus and priority?
10. What's one thing I'm going to incorporate from The Overlap Method™ to begin to build an intentional, nourishing ecosystem of support that makes my goals more achievable, my life more satisfying, and my impact more powerful?



Key Takeaway: Reconnect with yourself, build aligned relationships, and start using your network as the powerful resource it could be.

What's Next?

This work doesn't have to end here, and you don't have to figure it all out alone.

Your next best step:

[Book your free Overlap Audit](#) — a 30-minute session where we'll map out your current connection ecosystem, identify your biggest opportunities for support, and clarify the steps to get you closer to the relationships and resources you need most.

Coming this September:

If you'd like to go even deeper into [The Overlap Method™](#) alongside others on the same connection quest, get ready for the launch of:

- **The Overlap Method™ 1:1 Program** – A personalized, guided experience with me, Baily Hancock
- **The Cohort Experience** – Learn and integrate alongside 5–10 growth-minded humans for accountability and support
- **The Self-Guided Option** – Go at your own pace with full access to the curriculum and community

All three options will live inside **The Overlap Community**, a membership-based space to learn, integrate, and practice The Overlap Method™ alongside others who value authentic, reciprocal connection. Inside, you'll find ongoing workshops, resources, connection opportunities, and encouragement from me and your fellow members.

This isn't just another course or community you sign up for and forget about — it's a living, evolving ecosystem for growth, connection, and transformation designed to help you:

- Practice what you learn
- Build meaningful new connections with like-minded people
- Find inspiration, accountability, and real belonging
- Receive support — and offer it to others

When you stop striving alone and start seeking the overlap, everything changes. You move from feeling isolated and unseen to feeling held, celebrated, and empowered to reach your biggest goals — with your biggest supporters by your side.

You deserve all of that and more. Let's make it happen. ✨