

STEADY SUPPORTER



❤️ **The Steady Supporter**

As a Steady Supporter, you are the dependable heart of any group. You're naturally caring, loyal, and deeply invested in the well-being of the people around you. You're the person others lean on, and you rarely let anyone down.

👉 **What Comes Naturally to You:**

You're empathetic, grounded, and a fantastic listener. Routine and structure help you stay centred and productive. You enjoy being there for people – whether it's with advice or a home-cooked meal.

⚠️ **What Might Feel Tricky:**

Saying no – you often overextend yourself to help others. You can carry others' emotions on your shoulders. You might resist change if it disrupts the harmony you value.

🔍 **What to Watch Out For:**

Don't forget your own needs – your care matters just as much. It's okay to ask for help – you don't always have to be the rock. Learn to set boundaries lovingly – protecting your energy helps everyone.