Fit & Lean in 2014

1.2: "What I Need" Support Worksheet

It can be very difficult when one person in a household is trying to change eating habits when the rest of the family doesn't feel they have to – difficult, but not impossible!

The first step is to be clear in knowing exactly what you want and need. A great way to figure this out is to write your **"Perfect World" list**. Write down exactly what you would want "in a perfect world" in terms of support from the other members of your household. Be as specific as possible.

Instead of saying "Be nicer to me" or "Help me", give specific ideas about what you would like them to do or not do. If you don't want to have to watch other people eat ice cream in front of you – write that specifically. Don't worry about whether it's reasonable or not, this is your "perfect world" list – just put it down for now, it can be modified to be "reasonable" afterwards. Once you have your list completed, share it with your family. Be prepared to compromise so that your family is willing to get on board. If you go in prepared with negotiation points and things you can offer up in return for their cooperation, it may be easier to get their support. Come up with some healthy activities that you and the family can do together – the more you make this about doing what's best for the entire family and encourage their participation, the better luck you will have in gaining their support.

Dear Family/Support Person:
I need your support to reach my wellness goals this year. In a perfect world, this is how you could help me:

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