

## **Assembling Your Success Team**

a. What do you want to change? (Be specific. Ex: I want to lose 30 pounds in 90 days.)  b. Why do you want to do it? (Put this answer on a 3x 5 card that you will see daily) (Ex: I want to lose weight so I can get off medications)  2. How will you gain new skills and abilities?  a. Read the book, attend class, fill out notes, do homework  b. Other	. [	Do you	want to change your health? Yes or No
(Ex: I want to lose weight so I can get off medications)  2. How will you gain new skills and abilities?  a. Read the book, attend class, fill out notes, do homework b. Other  3. Who will cheer you on?  a. List 2 or 3 people you are going to ask to encourage and support you.  b. Who might make it difficult to succeed?  c. What will you do to prevent problems?  4. Who will be your coach?  a. List everyone who will be coaching you:  b. Will you come weekly and have testing monthly? Yes or No (Not applicable to online class)  5. List your rewards and incentives. What will you do as a reward when you hit a goal?  a. Short term rewards and incentives:  b. Long term rewards and incentives:		a.	What do you want to change? (Be specific. Ex: I want to lose 30 pounds in 90 days.)
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