

You're not alone on this journey.

However successful you are, there is no substitute for a close relationship. We all need them. - Francesca Annis

There are other people in your life.

You're trying to change your behaviors. That affects them, which doesn't mean you have to give up to appease them; no quite the contrary. However, they way you deal with those relationships can hold you back or help move you forward. The changes you're making can either bring them closer or push them away.

Use the simple technique lined out in this handout to build supportive, closer relationships.

1. Choose up to three people you'd like to bring along on this journey.

2. On a One-to-Ten scale how supportive is each person? (ten is highest)

3. What would it take to move that person to the next highest number?

4. What behavior would the other person have to start or stop to make that happen?

5. How would you know s/he had done that?

6. What will you do to facilitate that for him or her?

7. When will you talk to the what person about your goals?

Notes:

Intentions Affirmations Manifestations
FROM "WHAT IF..." TO "WHAT NEXT..."

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