

## Support Team

Create a team of people to encourage and guide you toward accomplishing your goals. Research has consistently proven that belonging to a team will support long-lasting behavioral changes. Your team may consist of: family members, friends, coworkers, health care professionals and counselors. Team members provide encouragement when motivation is low and join with you to celebrate the highs of success.

Your teams can be formed around common interests and group action plans. A group of players who are committed to walking regularly may want to create a walking club. Your team can attend classes together and create special events. Grouping together will make it more fun, social and rewarding. Certain individuals are so self-motivated that they can accomplish their goals entirely on their own. Most of us, however, are more likely to succeed with mutual support. Your support team will help to generate a sense of belonging.

Small steady steps to success:

1. complete the Wellness Assessment to identify the areas you want to improve
2. develop your Action Plan
3. assemble your team
4. volunteer your talents to support others

Any successful person will tell you they had help in attaining goals. For many people asking for support is challenging. One person reported, *"I was surprised by how willing people were to help me. If I had known, this I would have started asking sooner!"*

### ***Individual Support Options:***

- \* Buddy System - You help me and I will help you, becoming mutual mentors.
- \* Role Model - Select a good role model in the area you wish to improve.
- \* Wellness Coach - Choose a professional to assist you with your Action Plan.