



*Finding Flow*  
Wellness Centre

## AN ACTION PLAN FOR GAINING YOUR FAMILY'S SUPPORT

1. Write down the lifestyle changes that you want to make.
2. Write down the action steps you will take to accomplish those lifestyle changes.
3. Explain how these lifestyle changes will benefit each family member. (You will be happier, have more energy, etc.) Cover this in as much detail as possible.
4. Write down how each person can help. Don't be vague--give specific instructions.
5. Ask for a commitment of help. Consider drawing up participation agreement for their help to serve as a reminder as your family's goal in healthy lifestyle change.
6. Ask if any family members would be interested in making healthier choices with you.
7. Summarize how you could do this as a group.
8. Summarize the benefits of doing this as a group.
9. Ask if they are willing to make their own lifestyle changes. Draw up participation agreements for those who are willing.
10. Brainstorm ways you can all contribute to whoever chooses to partake in the lifestyle-changing regimen and write those contributions down.
11. Meet regularly to show appreciation and to encourage each other.

*I wish you continued health and success,  
~Michelle*