



Supporting Each Other in Positive Change

Use this worksheet to identify a small personal change you individually want to make to help you get closer to a bigger goal for yourself. (All family members can do this.) Be open with your family about what you're doing so they can all see how you're modeling positive change—even when it's hard. **Complete this worksheet in the order of the numbers.**

1. An area of like where I would like to grow or improve is . . .

2. Some BARRIERS that get in the way are . . .

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____

3. CIRCLE ONE of these barriers that you could work on now that would help you to get started.

4. Write down one or two specific ACTIONS you can start doing to overcome that circled barrier.

- a. _____

When will you start? _____

- b. _____

When will you start? _____

5. Talk with family members about ways they can best support and encourage you in taking these first steps.