

PIT STOP #1

Commitment: What will we do to keep connected?

Focus on a goal you can start—and keep. Adjust your goal until you can answer YES to these questions.

- Can we start working on it right away? (If not, focus on one part that you can do now.)
- Do we all believe it's important? (If not, brainstorm until you find something everyone really wants.)
- Is it challenging, but also something we believe we can do?
- Is it specific enough that we will know if we're on track and when we have accomplished it?

PIT STOP #2

Benefits: How will this keep us connected?



How would your family relationships be better if this pledge became a positive habit or routine? Why do you want to do this? **Write down** the benefits to help you stay on track.

PIT STOP #3

Barriers: What obstacles could get in the way?



It is really **hard to change or start** habits or routines. Lots of things can get in the way. Some barriers are beyond our control. But others we can work on, such as **those on the worksheet**. Which ones are the biggest barriers for your family?

PIT STOP #4

Plan: How can we remove these obstacles?

Focus your plan on specific **ways to overcome the obstacles**. Here are ideas to try to keep moving forward with creating positive habits:

Barrier

We don't have time

We keep forgetting

We have other priorities

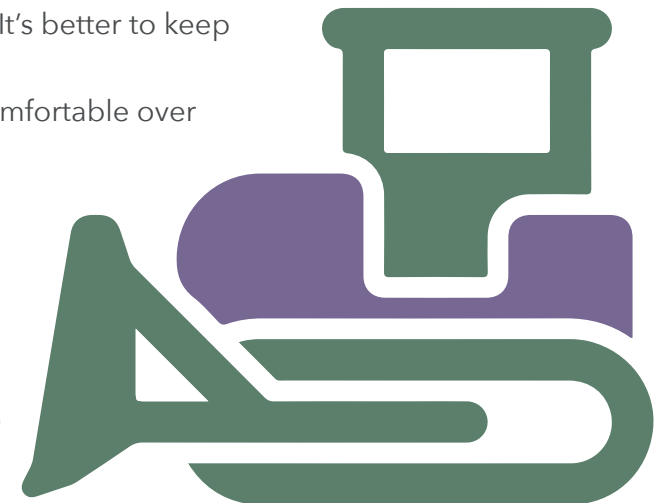
It's too hard

We don't feel like it

Barrier Buster

Start with something that . . .

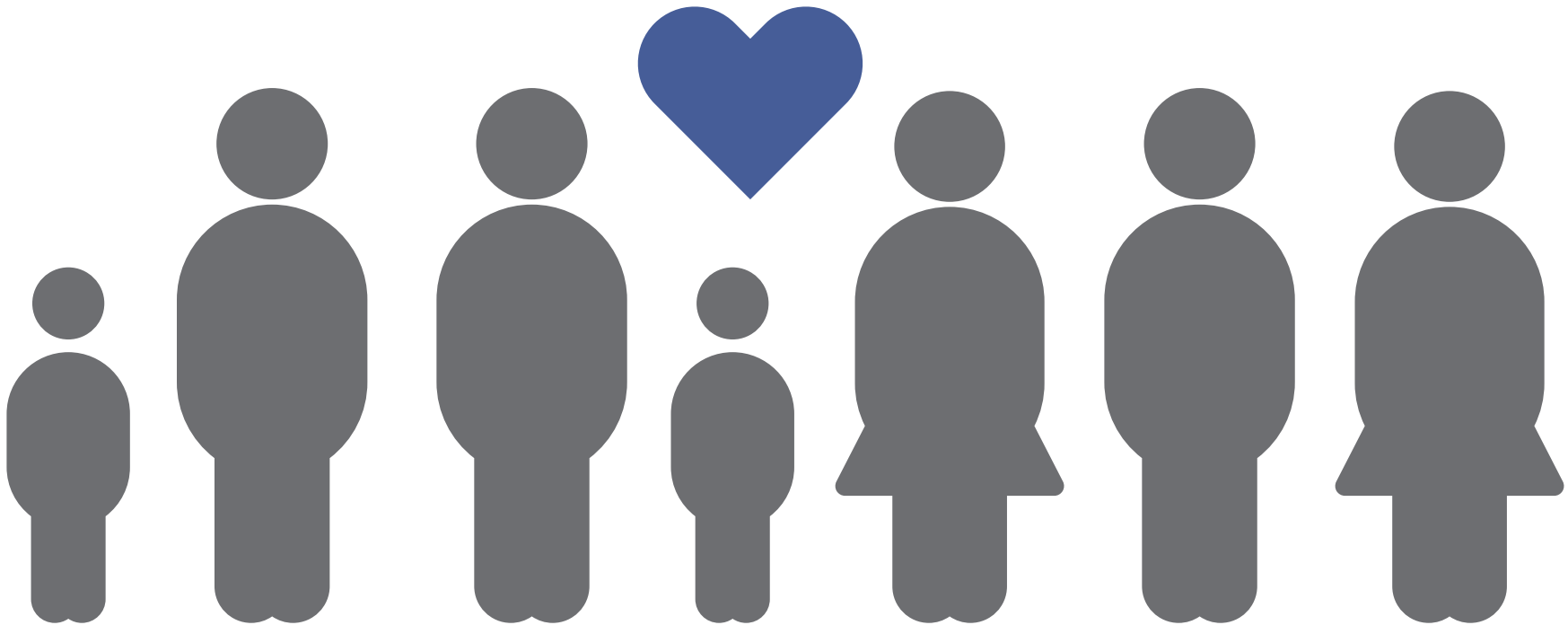
- doesn't take very long.
- you can do less often.
- you can while doing something else.
- Write it on your calendar.
- Put up signs where you'll see them (for example, on a bathroom mirror or the TV).
- Think more about the benefits.
- Create a plan that includes those priorities.
- Break the goal down into simpler tasks that you can start and accomplish.
- Start with a simpler goal (Remember the "Challenge Zone"?). It's better to keep moving forward with a goal you can accomplish.
- Try it anyway, even if it feels awkward. It will likely get more comfortable over time.
- Give yourselves a small reward to nudge yourselves get started.



PIT STOP #5

Supports: Who will help us stay on track?

Tell people you trust about your commitment. Ask them to check in about how it's going every once in a while. These could include grandparents, clergy, neighbors, friends, or other people in your Keep Connected workshop!



PIT STOP #6

Rewards: How will we celebrate milestones?



Plan for celebrations or rewards when you reach milestones that show progress toward fulfilling your pledge or commitment.

It reinforces what's important to you. For example, you could celebrate when you've done it 5 times.

PIT STOP #7

Review: When will we check in with each other?



Plan when and how you will check in with each other. Start more frequently until it becomes a habit. If your plans aren't working, don't give up. Adjust to deal with the barriers in new ways. And keep trying.