



## **ENCOURAGE EXERCISE #7**

### **How Others Can Support My Behavioral Change Effort**

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Think of people at work, home, and school who have helped you the most in your life (e.g., mentors, coaches etc.):

- Write down the names of these individuals below, and next to them, briefly write why they have had such an impact on you (i.e., what did you learn from them? What did they say or do?).
  
- Write down someone at work, home, or school who has tried to help or coach you in the last year. Write down his or her name and summarize what he or she did or said to you and what you have learned from him or her.
  
- What feelings do you have in writing down and summarizing how these key people have helped you to grow and develop personally and professionally?
  
- What similarities or differences do you find in those people who have had an important impact on how you are today?
  
- How can you enlist others to help you be successful in the behavioral change goals and efforts you are making today? Who can you ask to support and assist you?