



The 6 Keys to Personal Transformation

Step 5 - Building a Support System

In this recording, I highlighted the importance of having a support system for helping you to make your transformation. Answer these questions to help you to think through who you might recruit to help you out!

1. Do I have any reluctance to tell someone about my goals? Why? (If you find yourself feeling reluctant, you might want to do a gut check to make sure that you are REALLY committed to taking action.

2. What sort of help do I think I will need? (e.g. education, support, encouragement, someone to go through the process with me, someone to hold be accountable).

3. Who do I know who might be a good resource? (If you don't know anyone, brainstorm about where you could look to find a resource).

4. Would I benefit from working with a coach?

5. Write down what you will do with regards to getting a support system, and by when you will do it.