

Exercise 3: Supports for your WOW factors

Every person, all the events of your life are there because you have drawn them there. What you choose to do with them is up to you.

Richard Bach

When we decide to enact even small changes in our lives, we inevitably impact everything and everyone around us. Our desire for change may or may not be shared by those we most care about. In fact, quite often our family and friends may resist the change even when they see how beneficial it is for us.

Each of us has the right and the responsibility to assess the roads which lie ahead, and those over which we have traveled, and if the future road looms ominous or unpromising, and the roads back uninviting, then we need to gather our resolve and, carrying only the necessary baggage, step off that road into another direction. If the new choice is also unpalatable, without embarrassment, we must be ready to change that as well.

Maya Angelou

To ameliorate negative responses and to ease into your changes and garner support from others along the way, reflect on the following questions:

Question 1

What supports do you need in order to achieve your SMART goals from the previous exercise? (*i.e., spiritual, physical, intellectual, communal, emotional*)

Spiritual supports (*i.e., prayers, affirmations, meditation, etc.*)

SMART support goals: _____

Physical supports (*i.e., finances, alarm clocks, equipment, etc.*)

SMART support goals: _____

Intellectual supports (*i.e., new learning/knowledge, training, transformational tools*)

SMART support goals: _____

Communal supports (*i.e., faith-based community, personal trainer, gym, fitness centre*)

SMART support goals: _____

Emotional supports (*i.e., coach, therapist, dietician, loved-ones, etc.*)

SMART support goals: _____

Question 2

What other people might you need to ask for support?
