



INVITE SUPPORT TO BUILD MOMENTUM

This sheet helps you create a support system by inviting someone to check in on your progress.

- 1 Identify one goal you wish to share.
- 2 Choose a trusted person to invite.
- 3 Craft a simple invitation: 'Can you check in with me on [day] about [goal]?'
- 4 Set a regular check-in schedule.
- 5 Reflect on how this support impacts your progress.

MAKE IT YOURS

My one move this week: _____

When and where, exactly: _____

My witness (one person I told): _____

I showed up:

☐
MON☐
TUE☐
WED☐
THU☐
FRI☐
SAT☐
SUN

What I noticed this week:

Invite someone to care out loud and watch your momentum grow.