



REACH OUT FOR SUPPORT

This sheet guides you in finding an accountability partner.

- 1 Identify someone you trust who understands your goals.
- 2 Draft a simple message explaining your need for support.
- 3 Specify how they can help, like checking in weekly.
- 4 Send the message without overthinking.
- 5 Prepare to welcome their support and insights.

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

MON

TUE

WED

THU

FRI

SAT

SUN

What I noticed this week:

You don't have to carry this alone.