

DAY 2

WELLNESS BOOTCAMP

Support System



Identify WHO SUPPORTS YOU?



Identifying your immediate support system is the key to your success with creating new habits! Your friends, inner-circle, family or private coach will be invested in your positive change because they want to see you thrive!

Better
Together

Who is who?



POSITIVE INFLUENCE

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NEUTRAL INFLUENCE

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NEGATIVE INFLUENCE

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Where do I need support?

A series of 18 horizontal dotted lines for writing.