



## How Do I Create a NEXT Step?

Your journey toward enhanced wellness as a parent, and as a family, happens one step at a time. Research shows that in order to maximize your chances for making positive healthy changes, you need to set a *Goal* for the change you wish to make, and then break down that goal into small, concrete steps. Sharing those concrete steps with, and receiving support from, others is an important element in making and sustaining positive change. This process also involves exploring and identifying both the potential *Obstacles* that could get in your way, and possible *Solutions* that will bring you closer to your goal.

The *NEXT Step* process will help you identify those small, next steps you and/or your family are ready to take to help you reach your goals. Creating a NEXT Step is especially valuable when you are feeling frustrated because it can help you avoid feeling overwhelmed or daunted by the challenge you are facing. Instead, this process allows you to simply focus on the NEXT Step. By taking one step at a time, step-by-step, you will be able to create the change you want.

### NEXT Step Worksheet

Area of Wellness: **Organization**



Reflection: *Do We Manage Our Schedules or Do Our Schedules Manage Us?*

Date: 8/14/17

<b>Goal:</b> Desire to free up more time together as a family.	
<b>Needed:</b> We rarely get to share a meal together because of everyone's schedules.	
<b>EXcited:</b> We all have been saying how much we enjoyed, and miss, the dinners we used to have.	
<b>Time-specific:</b> For the summer, each person can choose <u>one</u> activity to be involved in.	
<b>Obstacles:</b> I'll need to get everyone on board. Possible resistance to this suggestion.	<b>Solutions:</b> Have family meetings to discuss ahead of time.
<b>NEXT Step:</b> Schedule a family meeting this weekend to ask everyone in the family to select <u>one</u> activity to be involved in this summer.	

(Download additional blank copies of NEXT Step worksheets at [parentwellnesscompass.org](http://parentwellnesscompass.org), or use the Companion Journal.)

# NEXT Step Worksheet

Area of Wellness: \_\_\_\_\_



Reflection: \_\_\_\_\_ Date: \_\_\_\_\_

Goal:	
Needed:	
EXcited:	
Time-specific:	
Obstacles:	Solutions:
NEXT Step:	

# NEXT Step Worksheet

Area of Wellness: \_\_\_\_\_



Reflection: \_\_\_\_\_ Date: \_\_\_\_\_

Goal:	
Needed:	
EXcited:	
Time-specific:	
Obstacles:	Solutions:
NEXT Step:	