# Skill-Building Challenge Worksheet: Asking for Support

Name: Blank Class: Blank Date: Blank

If you want to stick with nutrition goals, chances are you will struggle to stick to your plan. Tempting foods are all around us, and it can be easy to make unhealthy food choices. Social support will help you stick to your plan. It is important to share your goal with people you trust who are most likely to be around you at mealtimes or in other situations where food is likely to be present. When you are asking for support from others it is a good idea to take the following steps:

**Explain what you are trying to do and why it is important to you.**

*I am trying not to drink soda at lunch because the caffeine makes me jittery and I know the sugar is bad for me.*

**Identify the situations when you might need the most support.**

*It is hard when I am at school because my only choices are water, juice, or soda and I don’t really like water or juice.*

**Explain the type of support you need.**

*It would help me if my friends encouraged me to drink water and if some of them also did this with me.*

Write your own script that will help you ask for the support you need in order to stick to your nutrition plan.

**Explain what you are trying to do and why it is important to you.**

**Identify the situations when you might need the most support.**

**Explain the type of support you need.**