

# Small Steps to Health and Wealth™ Colorado

## Get Help and Be Accountable



Use this *Get Help and Be Accountable Worksheet* to help you determine some resources available to aid in achieving your **health** and **wealth** goals.

Question	Health Goal	Wealth Goal
Who in your life is likely to support your goal(s)? Why/How?		
Who in your life might be an obstacle to achieving your goals? Why/How?		
What supports are available through your employer or in your community?		
What supports are available through professional advisors, service providers, free or low cost agencies?		