

# ENROLL YOUR TEAMMATES



To gain alignment for your team habit change, you will have to address the needs and concerns of each of your teammates. Don't just guess what these might be; have conversations with each teammate to identify what about this change might appeal to them, challenge them, and how it would ultimately benefit them (get specific here). Use the fields below to capture your thoughts, and then fill in the details after each conversation.

Teammate	Appealing Factors	Challenges	Benefits