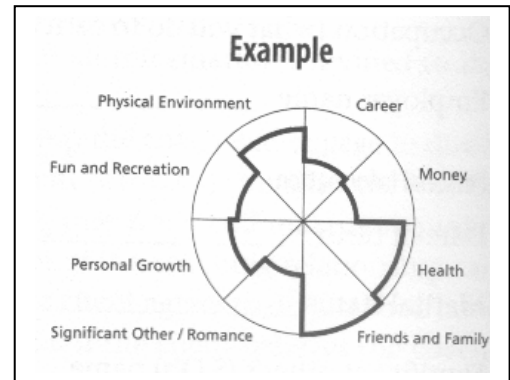
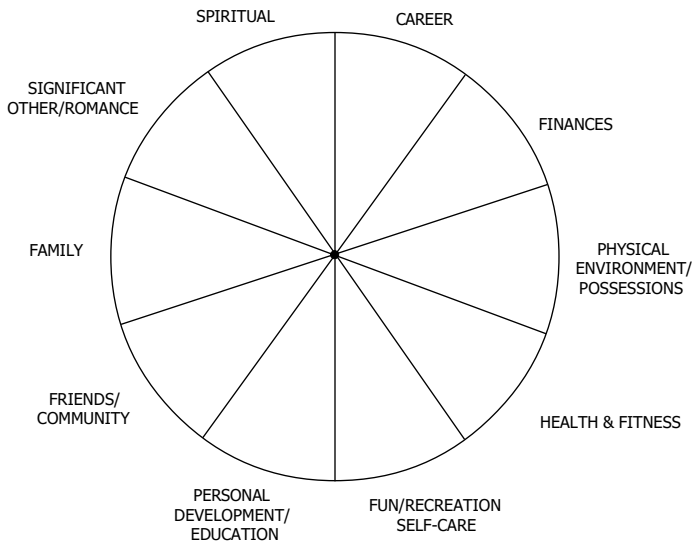


Making-the-Change Worksheet

Date: _____

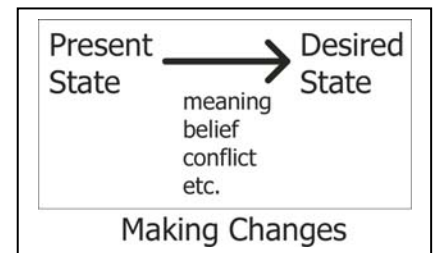
1. Where are you now?

This wheel represents balance. Regarding the center as 0, outer edge as 10, draw an arc representing how close you are to satisfaction in each area, from 1-10. This gives an overview of where you are now.



2. Pick one area. Where do you want to be? (Describe vividly, as if you are already there.)

3. What's stopping you?



4. What's one small action you could take?

5. What's coming up now? (Note beliefs like "I can't...", meanings like "risk", conflicts, etc.)

Isn't that what's really stopping you? What if you could change it?

It's just a program, you can find a way! Find your strategy and purpose, your Inherent Excellence!