

What do I want to change? \_\_\_\_\_

\_\_\_\_\_

Why is this important to me? \_\_\_\_\_

\_\_\_\_\_

What does this “change” look/feel like to me? \_\_\_\_\_

\_\_\_\_\_

What actions can I take THIS WEEK to reach these goals?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

What barriers might get in my way of achieving this? \_\_\_\_\_

\_\_\_\_\_

What strategies can I use to overcome the barriers? \_\_\_\_\_

\_\_\_\_\_

How confident am I that I can reach this goal? 1 2 3 4 5 6 7 8 9 10

What needs to change in order for me to reach 10? \_\_\_\_\_

\_\_\_\_\_

My Affirmation or Statement of Change: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_