



Creating changes in your life

Making changes in our lives is challenging. It means we need to step out of our comfort zone and take steps to create something different. When then have to sustain it to see it become a new habit in our lives. Sometimes it's easier to just stay the way we are. If this is our choice, we are existing for mediocrity. Change = growth and if you want a better life then be committed to change. Below are a few steps to creating change for you. Read each question and then write down your answers. Be truthful with yourself and you will be amazed at what shows up.

- Write down **One Thing** you want to change
- What do you really need to change?
- Why do you want to make this change?
- What is NB for you about making this change?
- How are you going to make this change? Write down the steps.
- When are you going to start? (If not NOW, what is holding you back?)
- What barriers do you anticipate (internal vs. external barriers)?
- How much personal control do you have over making this change? (scale 1 – 10)
- Who or what is holding you back?
- How?
- Is this true / is this real?
- Where are you not taking responsibility?
- What will making this change give you?
- By making this change, what are you saying YES to and what are you saying NO to?
- Who will you ask to hold you accountable?
- What is your NEXT most courageous STEP?