



COMMITTING TO CHANGE WORKSHEET

Have you ever made an attempt to change these things in the past?

☐ NO ☐ YES

If your answer above was yes, what disrupted or sabotaged your efforts?

Write down:

Reflect on your answer from above.

What emotions or feelings arise?

Do your efforts to make meaningful changes in your life fail because of fear, your beliefs, or willingness to settle for where you are?

What would happen if you actually made the changes you want to make? What would you lose?

Write down:

Change is hard. It takes time, effort, an extreme amount of work, and commitment.

Because changing isn't easy, it can seem impossible or that it will never come. That is why most people don't attempt or abandon their efforts to make meaningful changes in their lives. It is easier to settle where you are than to continuously strive for what is available.

Is there anything in your life that you would like to change?

These can be patterns, relationships, habits, careers, etc.

In order to reach our full potential in life, it is necessary to embrace change and commit to the effort it requires. What is one thing in your life that you would like to change in the next 6 months?

Now, that you have a goal, what steps will it take to make this change?

1. _____	4. _____
2. _____	5. _____
3. _____	6. _____

Now, that you have a plan, what could disrupt your progress? *Identifying the patterns, fears, insecurities, people, places, etc. that have the potential to sabotage your effort will aid in creating the awareness that it takes to maintain the commitment.*

Based on your answer above, what 3 action steps can you take to counter the disruptions that arise on your journey to change?

1. _____
2. _____
3. _____