

Six Steps to Making a Change



1. Choose an area of your life where you would like to make a change.

2. What change would you like to make?
(Be specific and choose just one change for now.)

3. Imagine yourself taking the first step towards making this change.
How do you feel? *Do you feel excited? Nervous? Both? Any other feelings?*

4. If you are aware of any negative thoughts or blocks about making the change, what are they? *(Write them here.)*

5. What kind of support might help with those blocks?

6. Imagine you have overcome the blocks and have made the change. The hard work is behind you. How do you feel and how is your life different?

Special Offer
for you

Congratulations! Let's Explore More

If you're ready, I invite you to take the next step on your journey with a **Free "Making the Change" Discovery Session**. During our 15 minutes together, we can look at what you've written and discuss possibilities for the way forward for you.

To schedule a time for us connect, just send me an email at thecourage2grow@gmail.com. We can meet by phone, FaceTime, Zoom or other platform. I look forward to speaking with you.