

The Change Equation Canvas

Here are some prompts to help you make use of The Change Equation when coaching for change

Change I want to make:	
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P x B > C

<p style="color: purple; margin: 0;">Whose help could you enlist? What skills of yours can you leverage? In what way are you already part way there? What routines or rituals can you put in place? What could you do to increase your chances of success by just 5%</p>	<p style="color: blue; margin: 0;">“Why should you bother?”...“Yeah but why?”...“Yeah but really why?” If you woke up tomorrow and this was already a reality, how would that be for you? What would this give you when you are successful? Which of your “Core Values” does this tie in to?</p>	<p style="color: red; margin: 0;">What financial costs are you assuming there are? What are you assuming you might miss out on or have to sacrifice to achieve this? What could actually go wrong if you try? What will undermine your efforts to achieve this? Could there be any benefits to not totally succeeding?</p>