

# CHANGE WORKSHEET

---

## WHY:

*(What is driving you to make this change? Consider your personal values, boundaries or motivations.)*

---

---

---

---

---

## WHAT:

*(Describe the specific change you want to implement in your life.)*

---

---

---

---

---

---

## HOW:

*(Outline the key actions you will take to move towards this change. Break them into manageable steps.)*

---

---

---

---

---

## ACCESS TO RESOURCES:

*(Identify the tools, people, or support systems that will help you succeed.)*

---

---

---

---

---

## PROOF:

*(What measurable milestones will indicate that you are making progress?)*

---

---

---

---

---

---

---

## **PRE-MORTEM:**

*(Consider potential obstacles or challenges that may arise and their impacts.)*

---

---

---

---

---

---

---

---

---

---

## **PIVOT:**

*(Describe your backup strategies or adjustments you will make if you encounter setbacks.)*

---

---

---

---

---

---

---

---

---

---