

## Change Journey

These questions/statements will help you on your change journey. Write the answers in your journal, planner, notepad, etc. Look at them frequently. Be committed, persevering, tough and hopeful!

1. The changes I want to make are:
2. The reasons why:
3. The steps to help me change:
4. Ways other people can help me:
5. I will know it's working when:
6. What will interfere with my plan?
7. Solutions if the plan doesn't work: