

CHANGE MADE EASY

Companion Workbook

This workbook is for you to record your progress and experience of the Change Made Easy process.



My Change – Clearly define how you will know when you have achieved your change.

Destination - Point B

Indicators or benchmarks that change is happening or achieved.	What my life looks like now that I have made this change. Play full out and imagine what you are doing!

Stage Two

Beliefs Exercise

My Change – Restate clearly the change you are making.

Current Beliefs about my change.	New empowering beliefs about my change.

Top 10 General Life Values

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

Top 5 General Life Values	Top 5 General Life Values in order of importance - 1 being most important
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.



Top 10 Change Values

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.



Top 5 Change Values

**Top 5 Change Values in order of
importance 1 being most important.**

1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

**Revised Top 5
Empowering Change Values**

1.
2.
3.
4.
5.



Other Team Members

Make a list of resources, services and people you want on your change team. What do they contribute to your change journey?

Team Member

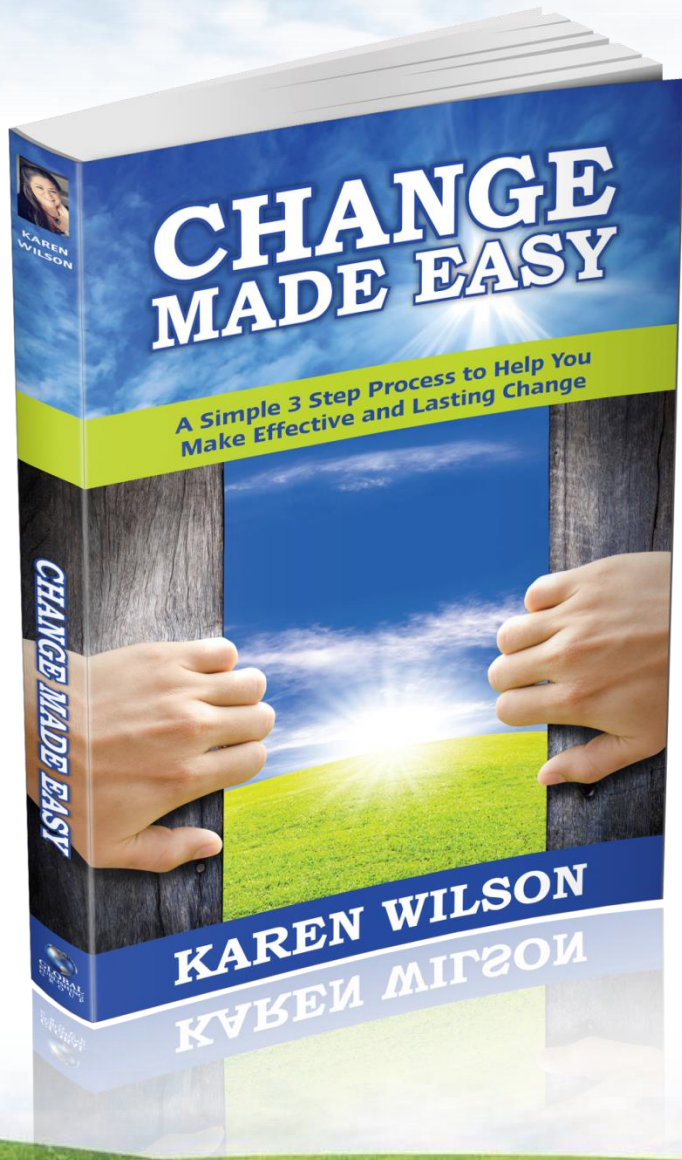
Contribution

Team Member	Contribution

Stage Three

Consistency/Review Exercise – Allocate specific times to action your change plan and review your progress.

Weekly Planner							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.00a.m.							
6.00a.m.							
7.00a.m.							
8.00a.m.							
9.00a.m.							
10.00a.m.							
11.00a.m.							
Midday							
1.00p.m.							
2.00p.m.							
3.00p.m.							
4.00p.m.							
5.00p.m.							
6.00p.m.							
7.00p.m.							
8.00p.m.							
9.00p.m.							
10.00p.m.							
11.00p.m.							



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A Simple 3 Step Process to Help You Make Effective and Lasting Change

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