

Companion Workbook

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



Stage One

	Starting Point - Poi	nt A							
Point A Facts	Point A Impacts		_	easur 10 ha		-		0. 0 is	s n
		W1	W2	W3	W4	W5	W6	W7	١
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Change – Clearly define how you will know when you have achieved your change		
Destination	on - Point B	
Indicators or benchmarks that change is happening or achieved.	What my life looks like now that I have made this character Play full out and imagine what you are doing!	

Stage Two

Beliefs Exercise

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

General Life Values – List all those things that are important to you in your life generally. Those things that you really value. Ask yourself, in the context of your life what is really important to you?

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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.

Specific Change Values – List all those things that you really value in the confidence of your change. Ask yourself, in the context of the change you are making whereally important to you?	

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

Contribution

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

Team Member

Plot Your Course Exercise

Refer to your destination list and make an entry for each benchmark or milestone you listed. For each benchmark, break it down into the steps required to reach that point. Remember, from man-size, to snack-size to bite-size.

Benchmark -		
Benchmark - Steps Required	Completed	

Benchmark -			
Benchmark - Steps Required	Completed		

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.	THE THE PARTY OF	The same of the same of					

Motivation Exercise – What is your WHY? Why do you want this change? This is what will fuel you to keep those appointments with yourself and take action. List all the reasons you want this. What it means to you and how achieving this change will impact your life.

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Rewards Exercise – Create a list of rewards you will enjoy as you move through your change.

Rewards Menu				

My Change - My Experience

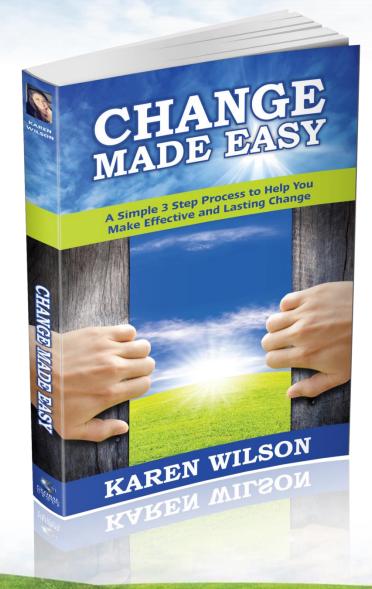
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My Change - My Experience

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