

**Positive Change Worksheet**

What change(s) are you trying to make?

Why is this change important to you?

When you think about making this change, what problems come up?

When you think about making this kind of change, what possibilities come up?

What is the ratio of problems to possibilities?

How will you grow on a personal level if you make this change?

How will you and others benefit from this change?

What is one step you’d like to take today to move forward?