

Making Changes in Your Life

Making changes can seem overwhelming when the ideas are flying around in your mind. Writing down ideas and a plan means that it is more likely to happen.

What change do you want to make?

When do you want to start making this change and when you want to achieve this change by?

What actions do you need to take to make this change possible?

Do you need anyone to help you make this change?

What resources will you use to help you? Books, journal, planing sheet etc?

How will this change positively impact on your life?