

PERSONAL CHANGE

Things I don't like about myself and the way I live:
(i.e. habits, attitudes, ways of being, qualities, etc., that you'd like to change.)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

Desirable things about me and the way that I live:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

Now look over your lists and choose the three most important changes you'd like to make as you move toward developing a healthier and more satisfying way to live.

1. _____
 2. _____
 3. _____
- change