

Finding Your Change

1. Who do you want to be?

(describe the person you daydream of becoming)

2. What do you want to do more of?

(personal time, reading, cooking, Security etc.)

3. What do you want to add to your life?

4. What do you want to improve?

(relationships, habits, health, etc.)

5. What would you like to simplify?

(what tasks would you like to make easier?)

6. What do you want to do less?

7. What do you want to eliminate from your life?
