

An alteration I prefer to make is:

How **important** might it be to me to put in effort to make this alteration?

Not at all

Most Important

0 1 2 3 4 5 6 7 8 9 10

How **confident** am I that I might be able to make this alteration?

Not at all

Most Confident

0 1 2 3 4 5 6 7 8 9 10

An important reason I prefer to make this alteration is:

How an ACTION, or another person, might assist me could be:

Action or Person

How this might assist me:

I might know my plan could be working when:

Something that might interfere with my plan could be:

What I might do to avoid or deal with this:

What I might be learning from this part of my journey: