

## Chapter 9

### **Worksheet for the chapter on Change.**

What are the top five things you want to change in your life?

- 1.
- 2.
- 3.
- 4.
- 5.

What are five steps you can take to change just one of the priorities above?

- 1.
- 2.
- 3.
- 4.
- 5.

For the next five weeks, each week choose one step from the list above and focus on that step for a week before adding another step.

Week 1

Week 2

Week 3

Week 4

Week 5