**Choose Change Worksheet**

Change can be both exciting and intimidating. This worksheet will help you reflect on your motivation, overcome fears, and assess your readiness to take the next big step.

1. **What’s Calling You to Change?**

What area of your life or career are you considering changing?
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What’s motivating this desire to change?
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What would staying the same cost you emotionally, mentally, or financially?
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1. **Identifying the Fear**

What fears or doubts are coming up around this change?
☐ Fear of failure
☐ Fear of judgment
☐ Fear of financial insecurity
☐ Fear of not being “good enough”
☐ Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What is one fear you can challenge or reframe?
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1. **Timing & Readiness**

Is now the right time for this change? Why or why not?
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What needs to be in place to make this transition smoother?
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On a scale of 1–10, how ready do you feel?
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

1. **Visualize the Outcome**

What does success look like after this change?
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How will your life feel different (better, freer, more fulfilled)?
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1. **One Bold Step**

What is ONE action you can take this week to move closer to this change?
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