

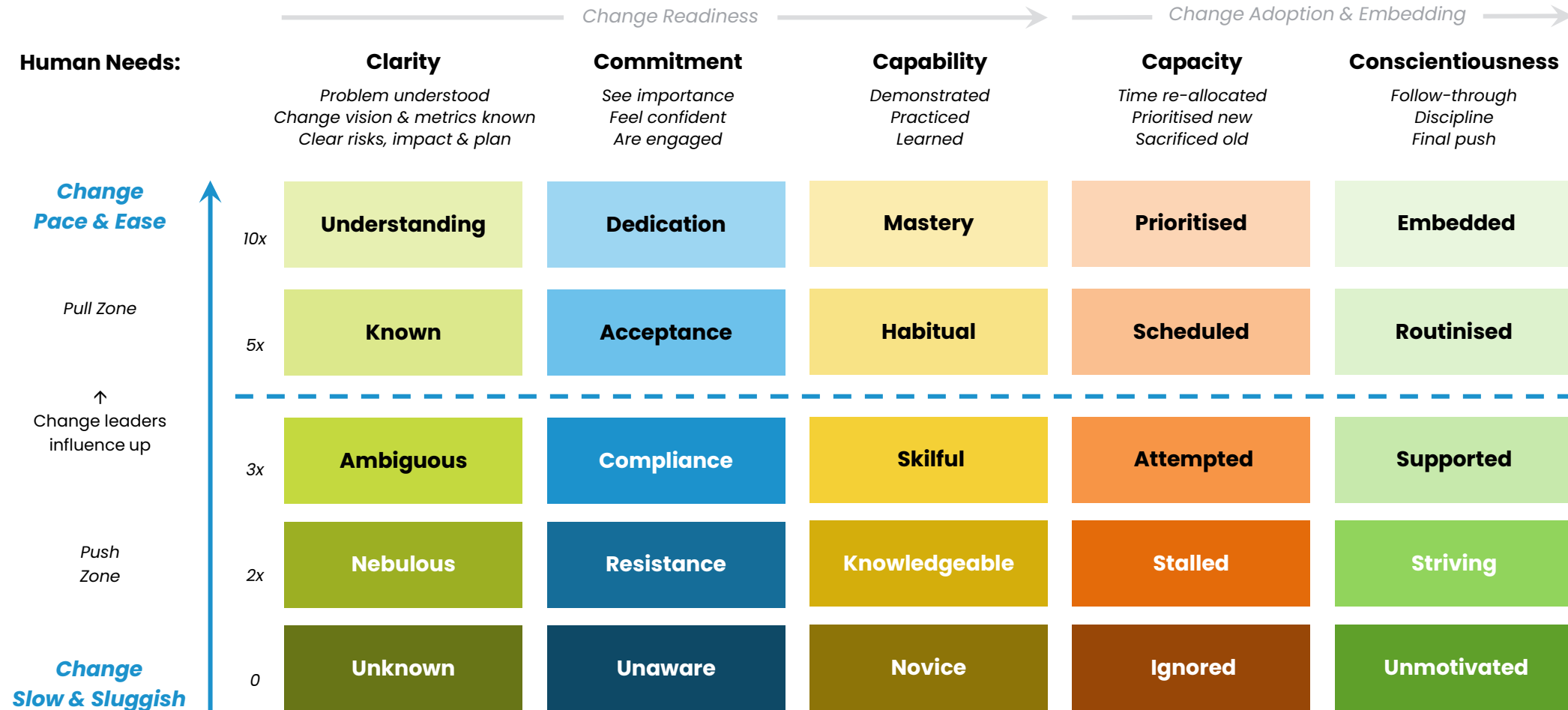
HOW-TO-CHANGE-ANYTHING ACTION PLAN



1 CLARITY	<i>I understand the change</i>	<p>The problem I'll address:</p> <p>My vision for myself, my team or organisation (what success looks and feels like):</p> <p>The success metric (how we'll know when we've succeeded):</p>
2 COMMITMENT	<i>I'm dedicated to making it happen</i>	<p>Why the status quo can't remain:</p> <p>From this fear or limiting belief:</p> <p>To this useful belief:</p>
3 CAPABILITY	<i>I'll learn & apply the knowledge & skills</i>	<p>Knowledge needed:</p> <p>Skills, practice or new habit needed:</p>
4 CAPACITY	<i>I'll sacrifice something to free up time to change</i>	<p>When & how I will tackle it:</p> <p>What I'll cease or sacrifice to make space:</p>
5 CONSCIENTIOUSNESS	<i>I'll follow-through until the new way is an embedded habit</i>	<p>How I'll maintain & track progress:</p> <p>Reinforcement mechanisms I'll establish to make it stick:</p>

THE HOW-TO-CHANGE-ANYTHING (HTCA) MODEL

THE LEADER'S ROLE TO 'INFLUENCE UP'



Where on each pillar are you (or your team), for your change aspiration?

