

# MAKING CHANGE HAPPEN



Helping YOU  
Choose a happier,  
More fulfilling life

What would you like to change to be happier?

How will you do it? *Identify something you would like to make a commitment to doing, or to 'letting go.'*

What would be the first step(s)?

Who might be useful in implementing your plan? And how will you ask them to help you?

List the commitments you are willing to make, and dates by which you will accomplish them.

I realize I might sabotage my plans by ...

So I will avoid this by ...

What will you use as reminders to help you make the change and be accountable to yourself?

If you would like an accountability partner, who might you ask to check in on your progress?

I will call \_\_\_\_\_ at \_\_\_\_\_ (#)

at \_\_\_\_\_ (time) on \_\_\_\_\_ (date).

*Before calling, complete these last statements. Respond factually without judgment or criticism.*

What I actually did was ...

What I learned and what is different.