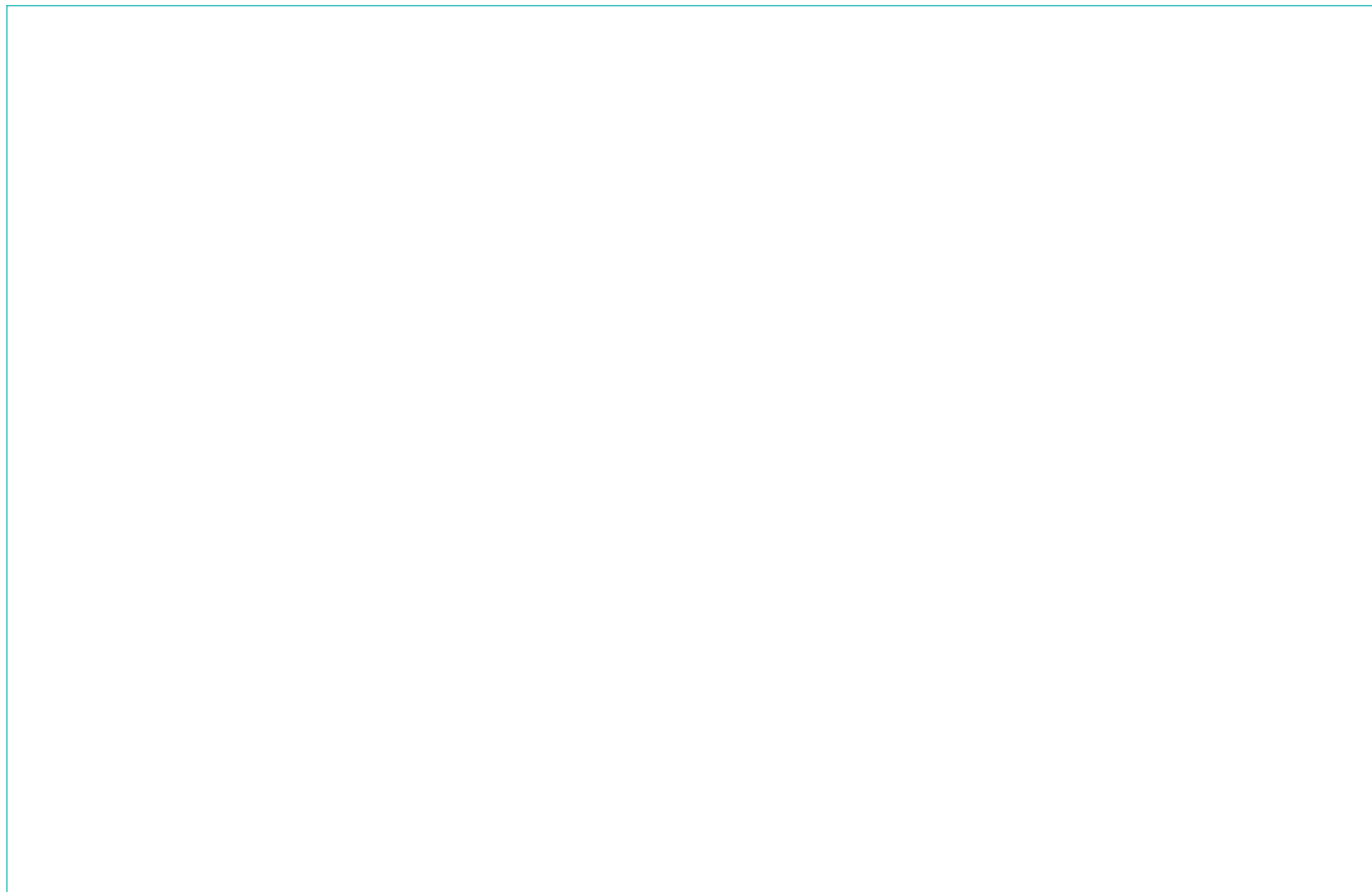




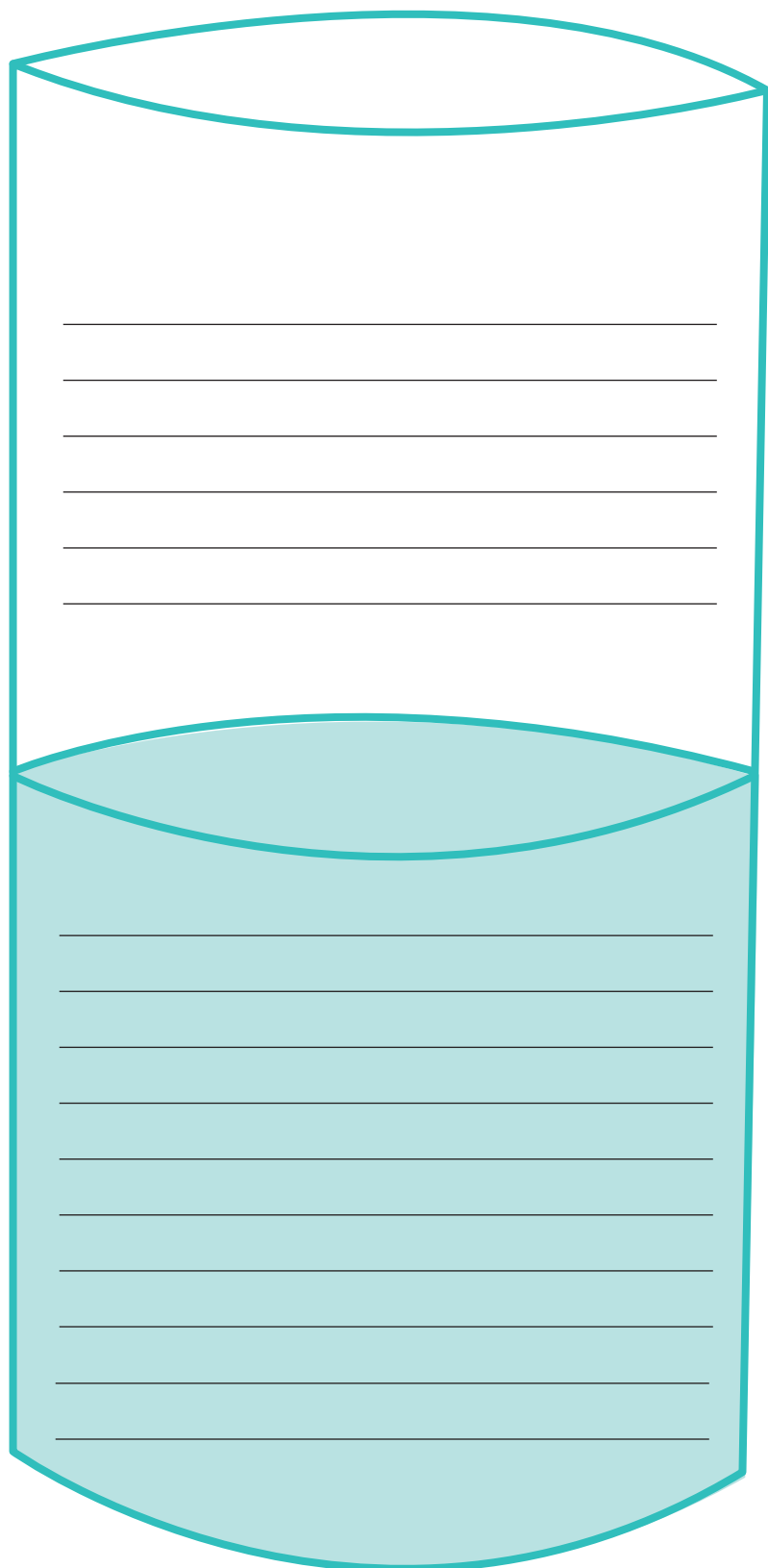
change
WORKSHEETS

CREATE THE BEST-CASE SCENARIO

DRAW AN IMAGINARY SCENE OF WHAT WOULD HAPPEN IF THIS CHANGE WERE THE BEST THING TO EVER HAPPEN TO YOU. (IF DRAWING'S NOT YOUR THING, WRITE A LIST OF THE GOOD THINGS YOU IMAGINE THIS CHANGE COULD BRING.)



GLASS HALF FULL



WRITE DOWN SCARY THINGS ABOUT CHANGE HERE



WRITE DOWN AWESOME THINGS ABOUT CHANGE HERE



PINPOINT YOUR TRIGGERS

WHERE DO YOU FIND YOURSELF ENGAGING IN YOUR BAD HABIT?

IS THERE A TIME OF DAY YOU'RE MORE LIKELY TO ENGAGE IN YOUR HABIT?

DO YOU ENGAGE IN YOUR HABIT ALONE OR WITH OTHERS? IF WITH OTHERS, WITH WHOM?

DO SPECIFIC SITUATIONS (TIME OF YEAR, TIME OF DAY, ETC.) AFFECT YOU MORE?

CHOOSE A CHANGE

EVEN IF YOU'RE ALREADY WELL AWARE OF HOW TO USE CHANGE TO BE YOUR BEST SELF, YOU CAN BENEFIT FROM CHECKING OUT THESE QUESTIONS AND CONSIDERING HOW THEY MIGHT IMPACT THE BEST YOU. CIRCLE YES OR NO FOR EACH ONE AND REFLECT.

- DO YOU SPEND YOUR TIME DOING THINGS THAT ARE MEANINGFUL TO YOU? YES NO
- DO YOU STRIVE TO AVOID ACTIVITIES THAT BRING NEGATIVITY INTO YOUR LIFE? YES NO
- DO YOU ENGAGE IN ACTIVITIES THAT CHALLENGE YOU IN A POSITIVE WAY? YES NO
- DO YOU SPEND TIME WITH POSITIVE PEOPLE WHO ENCOURAGE YOU? YES NO
- DO YOU STRIVE TO POSITIVELY ENCOURAGE AND INSPIRE OTHERS? YES NO
- DO YOU ALLOW YOURSELF TO NOTICE - BUT NOT DWELL ON - YOUR FLAWS? YES NO
- DO YOU TAKE RESPONSIBILITY FOR YOUR ACTIONS AND CHOICES? YES NO
- DO YOU HONOUR THE COMMITMENTS YOU MAKE TO YOURSELF? YES NO
- DO YOU VALUE YOUR OWN NEEDS AS MUCH AS THOSE OF OTHERS? YES NO
- DO YOU OFTEN EXPRESS GRATITUDE AND LOVE TO OTHERS? YES NO
- DO YOU ADMIT TO OTHERS WHEN YOU'VE MADE A MISTAKE? YES NO
- DO YOU STRIVE TO FORGIVE THOSE WHO HAVE WRONGED YOU? YES NO
- DO YOU TRY TO SPEAK POSITIVELY ABOUT YOURSELF AND ABOUT OTHERS? YES NO
- DO YOU PRESENT YOURSELF HONESTLY AND OPENLY TO OTHERS? YES NO
- DO YOU TAKE CARE OF ALL YOUR PHYSICAL, EMOTIONAL AND MENTAL NEEDS? YES NO
- DO YOU FEEL PROUD OF MOST OF THE CHOICES YOU MAKE? YES NO
- DO YOU SEEK HELP OR GUIDANCE WHEN YOU'RE STRUGGLING? YES NO