

WHY MAKE THE CHANGE? (Why bother?)
Writing exercise for making a change

Think of a change area you're thinking about but have not yet begun.

Name the change area:

What worries you, if this does not change?

What are the top 3 benefits of making this change?

Why do these benefits matter so much?

Check in: How do you feel right now?

On a scale of 1-10, how important is this change?

Why not 2-3 points down?

How confident do you feel about making this change, 1-10?

What do you need to go up 1-2 points in the next 3-6 months?

What are 2 things you've successfully executed related to this?

What resources for success have you used?

What was the first step you took in making the change?

What was the 2nd thing you did to make that change in the past?

What will you do?

Check in: How do you feel now?