

My Changes

Check-in

On a scale from 0-10, where 0 is not at all important, and 10 is extremely important, what number best reflects how important your change is to you?



On a scale from 0-10, where 0 is not at all confident, and 10 is extremely confident, what number best reflects how confident you are in your change?



Reflection

What would you like to change?

What has been your experience of

Why would you like to change it?

What is stopping you from change?

What would be some advantages of the change?

What might get worse if things stayed the same?

How might life be different for you if you did change?

What makes you want to do this now?

Planning

What could be ways to take the change forward?

What would you need to do in order for it to happen?

What are we going to do about it?

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