**It’s Time to Change**

**Worksheet 2**

Do you actually want the change(s) you are aiming for?

Is it in alignment with?:

What is truly right for you;

Your core values and beliefs;

Will it be of real benefit to you in the long-term;

Will it make you happy?

Are you procrastinating?

If yes, what is painful about making this change and what is pleasurable about making this change?

Do you think it is possible for you to make this change?

If yes, why?

If no, why?

What is your current environment like (where you live, friendships, family, relationship, career etc.)?

What small things can you do to change the environment or if you cannot change anything, what things can you do in each are of your life to bring more joy into it?

Do you know how to make the change?

If no, why not? What small things could you do to help you find out how to make the change?

If yes, what do you need to do and will you do them? If you won’t do them why not?

***You are unique, special and wonderful and deserve all the goodness life has to offer.***