

Change Worksheet

Point, Trickle-Pool, Notice, Reward

Point: What do you want? Why do you want it? What will your life be like with this?	
Word what you want as a positive outcome. <i>E.g. I want to weight ___ vs. I want to lose___. Or I want to become free from tobacco vs. I want to quit smoking.)</i>	
notes:	
Importance (7/10 or >)	Confidence (7/10 or >)
Trickle: 1-5 minute activities (goal is to do minimum of 5days/w trickle)	Pool: activities that take 15 minute or more. (goal is to do a minimum of 1 d/w pool)
Notice:	
<i>I will take the last day of my week or the day before my week to notice how I am doing on my actions towards what is important to me. The day that is best for me to do this is _____</i>	
<i>I will begin to grow what supported me and shrink what got in the way as I plan for the next week.</i>	
Supported me	Got in the way
Reward:	

Initially Success is NOTICING. The purpose of this worksheet is to help you learn what you currently do not know about yourself, your assets and your barriers, and to grow towards what is important to you. Later (after 30 days or so) you will graduate to a new definition of success, where it is based on following through on your trickle and pool actions. Have Fun with this and be good to yourself. Live-Love-Grow-Give!

Ideas to Support Increasing Confidence

1. What have you succeeded on in the past? How did you do it?

(If you can't think of anything, is there something clouding your vision?
eg depression)
2. Does the change feel too large? Does breaking the change into smaller parts help? What is the smallest activity you can imagine doing that will move you in that direction? (eg touching my exercise bike, put walking shoes by front door, eat one healthy fruit or vegetable a day).
3. Do you know someone who has made that change or who is working on a similar change? Perhaps they can mentor or coach you or be your buddy?
4. Maybe this is not the activity you want to start with and something else feels more important?
5. Is there something in the environment that needs to change first? Eg need a blender, need to clear clutter, something else...
6. Perhaps this activity has been falsely linked to pleasure and you are afraid to give it up without having something to replace it.
7. Do you have a lot of negative self talk? That may be the first thing to work on.
8. May benefit from a clearing of energetic and emotional blocks. (there are good tools like WHEEL, Byron-Katie's work, or others also may be good to work with a coach or therapist on this.)
9. May need to change your daily routine to open up new possibilities and start saying NO to the things that are not so important to you.
10. Other Ideas you may have that will help increase your confidence?