



Part One ~ The WHO

1) The CHANGE I am facing is:

2) WHO is wanting this change made? _____

3) Is this a change I WANT to make or HAVE to make?

4) What is the benefit of making this Change?

5) What is the risk of this Change?

6) What are my fears about this Change?

7) Am I looking forward to this Change or dreading it? Why?

8) My INSIGHTS from Journaling about the Change this week are:
