



Are you Open to Change?

The following questionnaire will give you a clear understanding of where you stand in your life at this moment, what you wish to change, and what you are willing to do to achieve those changes.

This list of questions is an introspection exercise that enables you to take an inventory of your life and make plans to create change.

1. What 3 outcomes would you most like to achieve over the next 3 months? List them in order of priority.

- a. _____.
- b. _____.
- c. _____.

2. What is the most influential factor pushing you to want to take action and create change in your life right *now* as opposed to before?

A. What actions, if any, have you taken in the past to achieve the changes you have listed in question number one?

B. Have they been successful?



3. What qualities, strengths and values of yours will help you most in achieving the changes you listed in question number 1?

4. In what ways will these qualities, strengths and values help you to achieve your desired changes?

5. What are your 3 biggest concerns in regards to achieving the changes you've listed?

6. Given your answers to questions 1 to 6 above, list 3 action steps that you can now take to begin to move towards the changes you desire and listed on question 1. By each action step, include a date in which you will have finished the step.

i.



ii.

iii.
