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ACTION WORKSHEET

What Change Do You Need To Make?

You know that you need to make this change, but you have been putting it off. Do you need to quit smoking? Do you need to loose weight? Do you need training to advance your career? Do you need to improve your relationships?

What "Pleasure" Will You Get From Making The Change?

List all of the bad things and feelings that will happen if you do not make this change. Will you loose pride in yourself? Will your health suffer? Will other people be ashamed of you? How does this make you feel?

What "Pain" Will You Suffer If You Do Not Make The Change?

List all of the good things and feelings that will happen if you do make the change. How will you improve? Will you be healthier? Will you have pride? Will others be proud of you? How does this make you feel?

What Action Are You Going To Take Today Toward The Change?

Take action! Do something right now! This may be making a roadmap to the result. This may be getting help. Call the gym and schedule an appointment with a trainer. Do some research on that training program that will help your career. Get a book on how to improve your relationships. Do something. Do it now!