



Doc Ann's Coaching Practice®
Prescription for success

Change worksheet #1:

On the line below, mark where you are in the change process.

Not considering change

Making Some Changes

Mostly Changed

Answer the following questions:

- 1) Have you ever been more to the right than you are now?
- 2) Have you ever been more to the left than you are now?
- 3) What would get you to move more to the right?
- 4) What would makes you move further to the left?

Taking one step to the right would mean doing:_____.

Now list 3 things that would need to happen in order for you to take that step to the right.

- 1)
- 2)
- 3)