

The Essential Change Plan

The first step in not being a victim in life is to really examine yourself and your behaviors so you can make a "to-do" list about what to keep and build on, what to eliminate, and what to acquire in terms of life skills and strategies. Remember: *You cannot change what you do not acknowledge.* Identify and list the following:

1. The behaviors or habits you need to **stop** doing because they are *disrupting your life.*
2. The things you need to **start** doing because their absence is *leaving a big void in your life.*
3. The things you need to **continue** doing because they are *creating value in your life.*

I need to STOP doing: _____

I need to START doing: _____

I need to CONTINUE doing: _____
