

Small Changes, Big Impact:

Quick and Easy ACTIONS

That Will Change
Your Life



WORKSHEET

Making big changes in your life can be accomplished with quick and easy actions. Preparing yourself for any changes in your life can enhance the odds of success.

Answer these questions to gain a clearer perspective of your situation:

1. Which part of my life would have the biggest impact if I made the decision to change it?

2. What quick and easy actions could I take to bring about the changes I seek?

3. Which action can I focus on incorporating first? What progression, if any, should I use?

4. How can I turn this action into a habit?

5. What is the next logical habit I can begin to build that will be quick and easy for me?

6. What challenges have I had in the past when trying to make significant changes in my life?

7. How can making smaller changes be more effective than my attempts to institute major changes in the past?
