

Inspiration Press

Change Process Worksheet

1. List the attitude and/or habit you really want to change:

2. What is the positive opposite of this attitude and/or habit?
(e.g. *impatient – patient, disorganized – organized*).

3. How did you develop the attitude in the first place? What events happened in your life?
What things were said to you?

4. Knowing that an attitude is a habit pattern of thinking; what thoughts do you want to change that are linked to the negative attitude you want to replace?

5. Get leverage on yourself:
 - a. What will happen if you don't change this attitude and the resulting behavior? What pain will you experience:

This year:

In five years:

In ten years:
 - b. What great things will happen as a result of making the change? What joy and pleasure will it bring into your life:

This year:

In five years:

In ten years:

6. Write out a "faith reminder" with you already accomplishing the change and "lock on" to it in faith.