

Change Questionnaire

Changes I want to make and how to go about them

Answer the questions below to help you identify and decide on changes that you want to make, and how you might start working towards them.

PART 1

1. What 3 outcomes would I most like to achieve by the end of 2024?

2 What's leading me to want to take action now, as opposed to 12 months ago?

3. What actions have I taken in the past (whether by myself or with support) to address these issues. With what success?



4. Which of my qualities, strengths and values do I think will be most helpful towards achieving these outcomes mentioned above? Top 3 of each.

5. What are your 3 main worries or challenges that might get in the way of you achieving those outcomes?

6. Anything else important to add here?



PART 2

1. Using your answers above, list 3 actions that you can now take to move towards those outcomes you'd like to achieve, or deal with the worries/challenges:

2. How will I know the success of these actions?



TOP TIPS

- SMART goals - see [HERE](#) to create specific, manageable goals
- Be kind and constructive to yourself
- Read [this blog post](#) about working out what matters and purpose in life