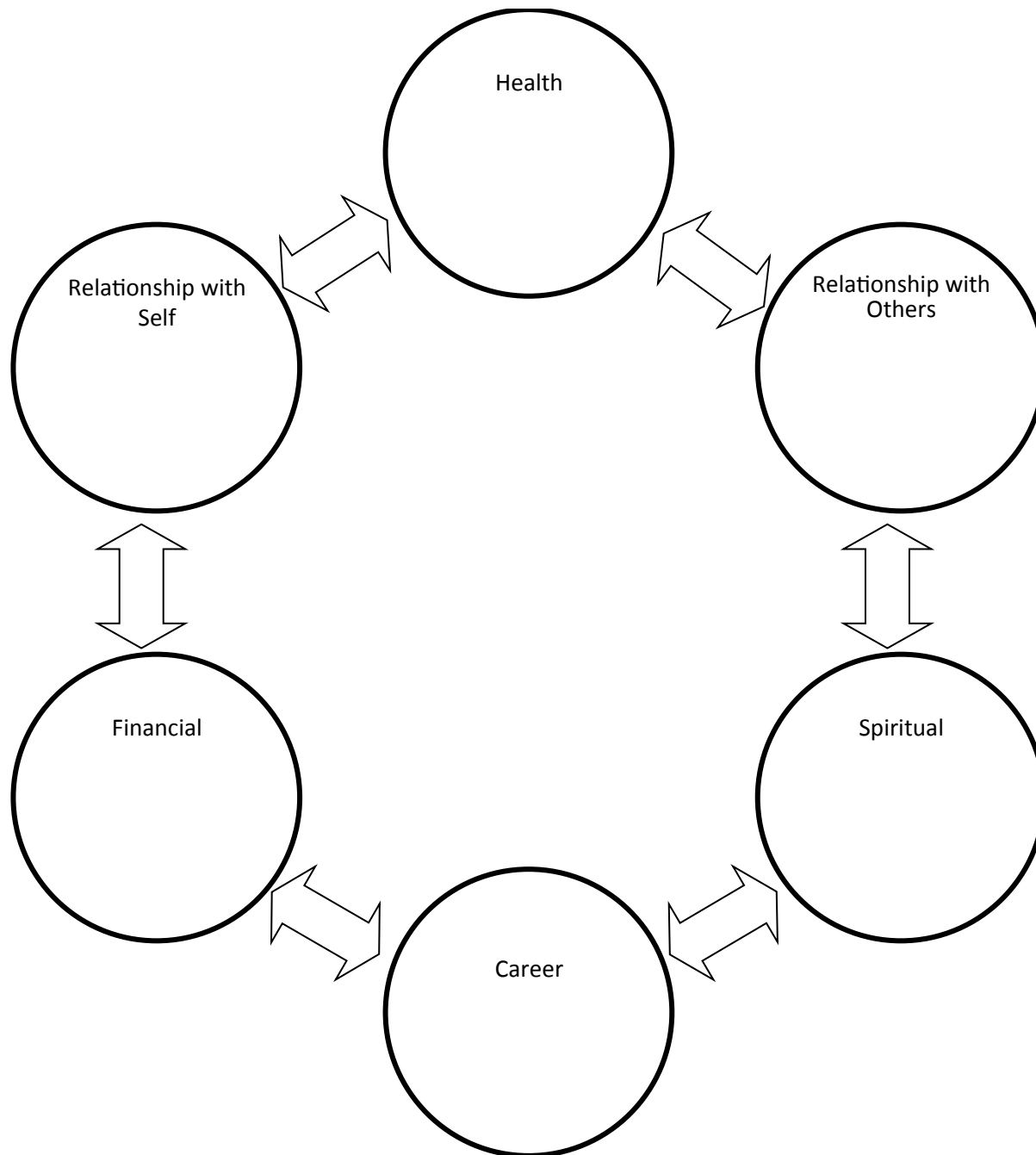


## My Change Circles



## My Change Circles

**You are looking for the one thing that when accomplished, will radically change your life.**

- Keyword – R A D I C A L L Y
  - Hint: The “one thing” is usually something you have denied or delayed working on in the past.
  - It has to be important to you; it doesn’t matter what other folks think.
1. Find a quiet place where you can work for 15 minutes – hide if you have to!
  2. Take a few deep breaths to clear your head and relax a bit. (In-through-the-nose, out through the nose.)
  3. Read aloud the life topics in the circles.
  4. Then flip the sheet over.
  5. Think about the life topics you just read. What are the first 3 topics that came to mind? (Go with your first 3 choices.)
  6. Flip the sheet back over and put a check by those 3 circles.
  7. Write a few more descriptive words in the 3 circles you’ve selected. (Health: lose 10 lbs., exercise weekly, and eat better  
Financial: increase savings or income, decrease impulse spending, etc.)
  8. Reread your notes in the 3 circles.
  9. Flip the sheet over again, pause, and then write the first life topic that comes to mind from the 3 circles you selected.
  10. Turn the sheet back over, and circle your circle! That’s the one change item you will start working on. Don’t change your mind!

Congratulations, you did it! You’ve selected how you will change your life.

Take another deep breath and relax.

You are creating the life you really want.

**Great job!**

*Patrice Koerper*

[www.wishfulthinkingworks.com](http://www.wishfulthinkingworks.com)

This exercise is adapted with permission from activities described by author David Essel.