

The top of the page features a photograph of a rugged mountain peak under a dark sky with a vibrant green aurora borealis. A white rectangular frame is superimposed over the center of the image.

MAKING CHANGES

Identify what you want to change and list how the following concepts support or hinder the change.

 **HABITS:**

 **LOSS/GAIN:**

 **BELIEFS:**

 **VALUES:**

 **INFLUENCES:**

 **ABILITY:**

Now, develop a strategy. One step at a time!