

Steps I will take to create change

Would you like to create some changes in your life but keep going round in circles? Are you ready to take some clear steps to create that change? Check out the Passport coaches' seven key steps towards creating change and start today!

1. What changes will really help create a difference in my life?

2. What gremlins immediately get in the way?

3. Where is my support? What do I need from others? (Name 5 people)

4. When do I want to start making changes?

5. How will I know I have made progress - what are the criteria?

6. The first step I am going to take is

7. How committed am I on a scale of 1 – 10?

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