

# Creating Change

1) REFLECTION: TAKE A MOMENT AND THINK ABOUT THE DIFFERENT AREAS OF YOUR LIFE

*Social, Physical, Mental & Spiritual*

2) RESPONSIBILITY & ACCEPTANCE: TAKING PERSONAL RESPONSIBILITY FOR THINGS THAT ARE CHANGEABLE AND ACCEPTING THE THINGS THAT ARE NOT CHANGEABLE



MY LIST OF THE THINGS I  
**CAN CHANGE**

MY LIST OF THE THINGS  
THAT I **CANNOT CHANGE**



3) ACTION: WHAT ARE MY NEXT STEPS FOR THE THINGS THAT I CAN CHANGE ?

