

CAL
Coaching and life for RPL

Presents: Template for change

We cannot solve our problems
with the same thinking we used, as when we
created them ~

Albert Einstein

What happened

Why was it good
~ that it happened ~
What will change for you ~ Now

Think differently

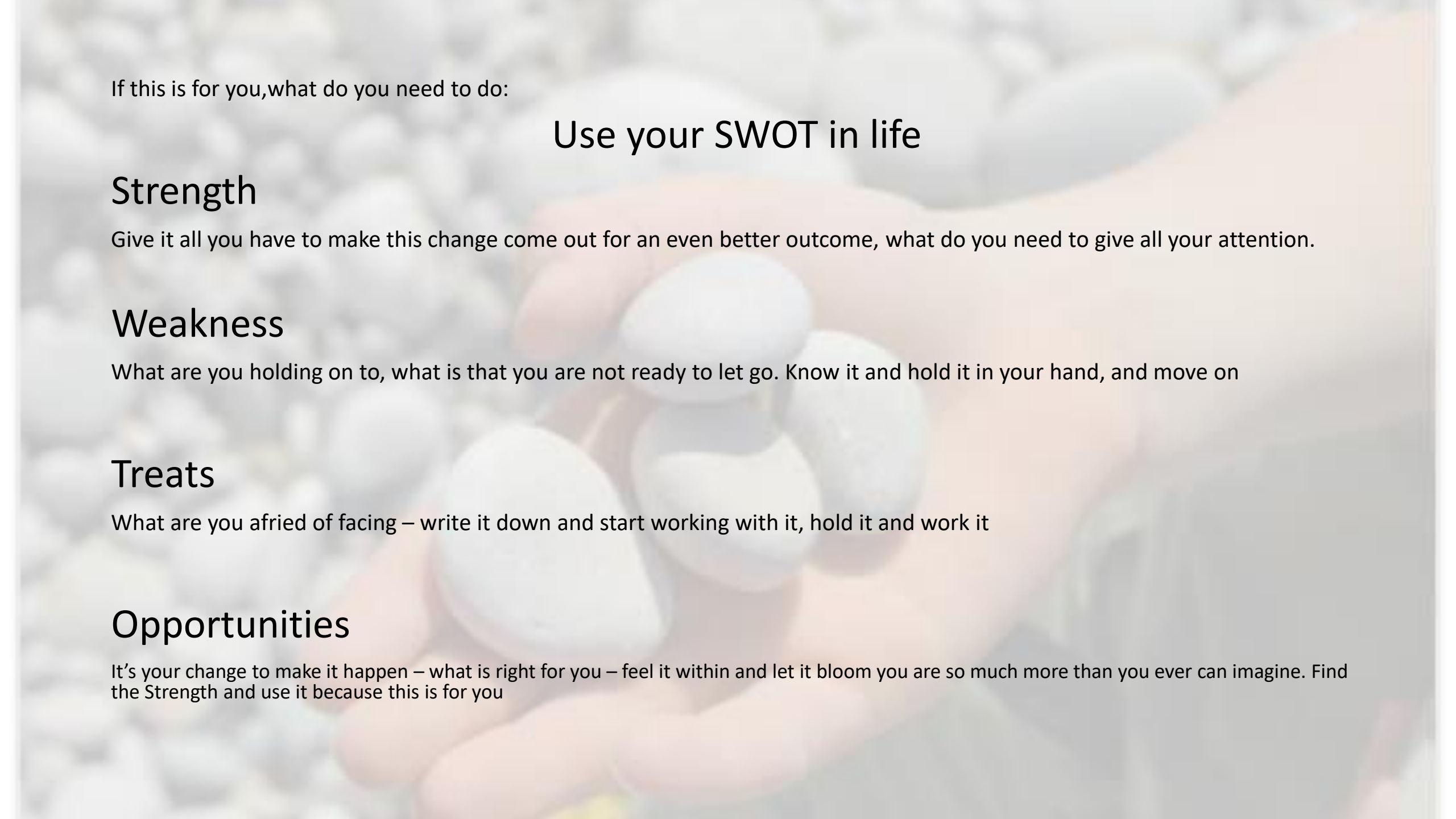


Name 3 reasons why it was good it happened

1 .

2 .

3 .



If this is for you, what do you need to do:

Use your SWOT in life

Strength

Give it all you have to make this change come out for an even better outcome, what do you need to give all your attention.

Weakness

What are you holding on to, what is that you are not ready to let go. Know it and hold it in your hand, and move on

Treats

What are you afraid of facing – write it down and start working with it, hold it and work it

Opportunities

It's your change to make it happen – what is right for you – feel it within and let it bloom you are so much more than you ever can imagine. Find the Strength and use it because this is for you

Write down your KEY words, so you know what to focus on and work – **MAKE** it happen.
You can do it.

<i>Strength</i>	<i>Weakness</i>
<i>Treat</i>	<i>Opportunities</i>

My results

What do you want to achieve

1. _____

2. _____

Yes – I did it – Date _____