



Spark Positive Change Workbook

What I most want out of this workshop is:

The 5 Sources Of Happiness Are:

- 1.
- 2.
- 3.
- 4.
- 5.

The Benefits Of Happiness Are:

1.

2.

3.

4.

The Effects Of Happiness Are:

1.

2.

3.

4.

My Biggest Source Of Happiness Right Now Is:

The Area In My Life That's Calling Me Forward To Make Some Positive Change Is:

The BENEFITS I would receive from making positive changes in this area are:

The EFFECTS I would see in my self, my home, my work, and my relationships would be:

The 6 Steps To Making Change Are:

1.

2.

3.

4.

5.

6.

My Deepest DESIRE Right Now Is:

My WHY Is:

My HOPE Is:

I could to increase my CONFIDENCE by:

My Triple Extra Large Desire is:

My OPTIONS Are:

The SPECIFIC CHANGE I commit to making is:

The ACTIONS I will commit to to make my change happen are:

I will support my PERSISTENCE by:

The Top 5 Strategies For Making Changes Last Are:

1.

2.

3.

4.

5.

The STRATEGY that will benefit me the most right now is:

Contract with Myself

Lifestyle area I would like to make a change in:

Measurable change I will commit to, in order to support the lifestyle change:

How this change would benefit me in my life now:

I will begin this new behavior on:

I measure my compliance to my commitment by:

Continued...

I measure the effects of my new behavior by:

I reward myself for complying with my commitment by:

Signature/Date

Witness/Date

Thank you for joining me for Spark Positive Change Workshop!

Don't forget, the real value comes from your own self exploration, through this workbook, and then how you follow through to honor what you discover.

- Join us in the Your Spirited Life Discussion Group on Facebook for ongoing support for your personal growth.
- Connect with me personally on Facebook, or by emailing me at annie@yourspiritedlife.com.
- Visit www.yourspiritedlife.com for more resources on empowerment, happiness, mindfulness and more.
- Check out the professional opportunities through my signature programs: *Holistic Life Coaching Certification* and *Grow Your Business, Share Your Calling*.



All My Best,

Annie