

Making Your Change Happen

Name:

Date:

Setting:

Observe & Sense

Take a comfortable seat, or jump around. Tune into your body and mind without trying to change anything

Acknowledge

Let emotions come and go with gentle curiosity. Make notes if that's helpful. Now let that go, and begin breathing calm and slow

Let go and feel stable

With each exhale, release any tension: "It's progress NOT perfection." Feel the ground beneath you, stable and supportive. Begin to explore your change..

Get Ready To Focus

- Music or Quiet?
- Phone On DND
- A specific seat
- Review Previous Journal Notes
- Scent..



Book your free consultation



[Calendar](#)

Intention: Which area do you want to explore/improve and why:

Tick: 🍌 Food 🧠 Mind 💪 Body 🌍 Other:

Name which element you'd like to change:

Why#1: For me, because...

Why#2: For (an)other/s, because...

Imagine 2x Successful Scenarios and how they'll play out

Setting#1: time, location, people:

Setting#2: time, location, people:

Events, Actions, Outcomes:

Events, Actions, Outcomes:

Identify 2x Blockers Anticipate challenges and how you'll navigate them.

Blocker#1

Blocker#2

Solution:

Solution:

Define Your Goal Stating 3 levels of achievement through SMART

Specify: I will / commit / do..

Measurable qty/freq/km

Achievable & feasible?

Relevant?

Timebound days / weeks

A*:
A:
B:

it's essential to be realistic

align with your intention



Preparation, Planning, & Support

Choose actions that are enjoyable or at least not so triggering

1) I will prepare by

2) I will plan by

Support (books, individuals, groups, podcasts, journal..):



Review & Reflection Date:



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