

# Inspiration Press

## *Change Process Worksheet*

1. List the attitude and/or habit you really want to change:
  
2. What is the positive opposite of this attitude and/or habit?  
(e.g. *impatient – patient, disorganized – organized*).
  
3. How did you develop the attitude in the first place? What events happened in your life?  
What things were said to you?
  
4. Knowing that an attitude is a habit pattern of thinking; what thoughts do you want to change that are linked to the negative attitude you want to replace?
  
5. Get leverage on yourself:
  - a. What will happen if you don't change this attitude and the resulting behavior? What pain will you experience:  
  
*This year:*  
  
*In five years:*  
  
*In ten years:*
  - b. What great things will happen as a result of making the change? What joy and pleasure will it bring into your life:  
  
*This year:*  
  
*In five years:*  
  
*In ten years:*
  
6. Write out a "faith reminder" with you already accomplishing the change and "lock on" to it in faith.