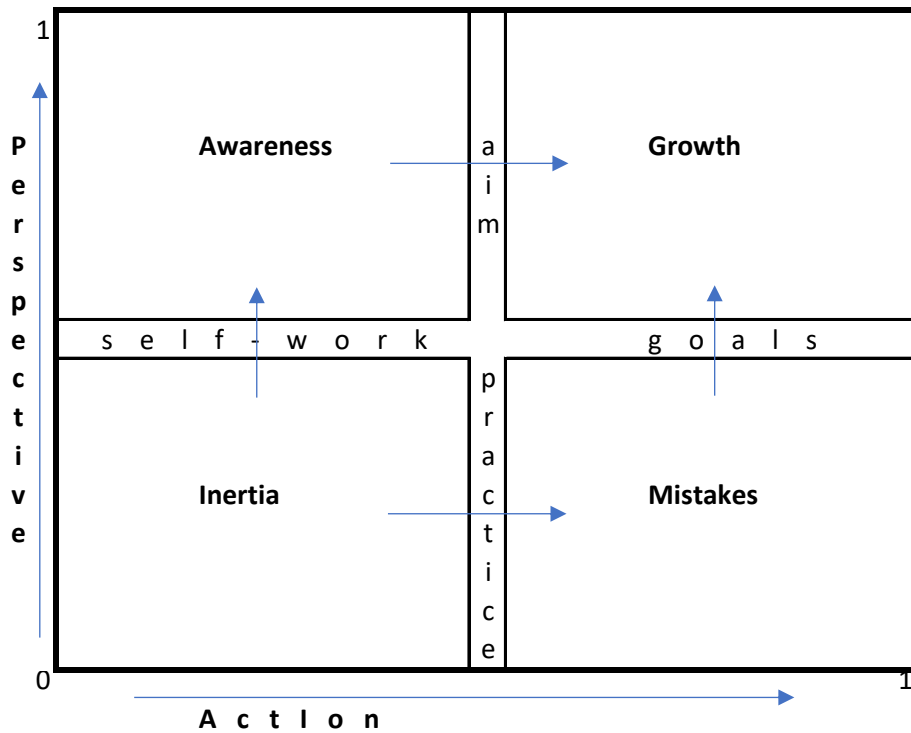


Self-Change Matrix



What are your goals?

For love: _____

For work: _____

For mental health: _____

For community: _____

For family: _____

What can you do today to move you toward your goals?

What perspective changes could you make to improve your awareness of yourself and the world?

What mistakes have you made recently as you practice being the person you want to be?

What mistakes will be easy to avoid in the future?

What mistakes will be hard to avoid?