



THREE PIECE LIFE
eCOACHING *with* TIM JOHNS

Understanding Change?

Life is full of change and how we deal with it is integral to our happiness, both now and in the future. In this worksheet, we dig down to understand your approach to change and how it makes you feel.



Understanding change (1/1)

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GOING THROUGH CHANGE

What I experienced _____

What was good? _____

What was bad? _____

What I learnt about myself? _____

