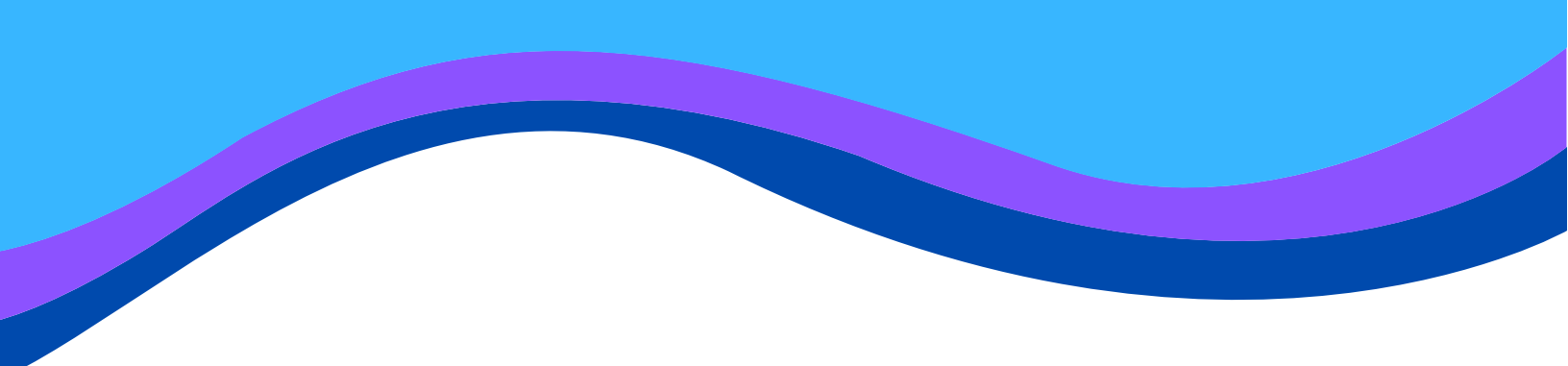


# **Blast Through Change**



**Workbook**



Change can be scary, and now more than ever things are changing at a rapid pace.

Change does not have to be difficult, in fact if you learn to embrace change and take action, you will discover change is a catalyst to create the life you desire.

This workbook is a tool to create change in your life.

**The areas we will be addressing are:**

1. Desire to Change
  2. Deal with Fear
  3. Move into Action
- 



# Desire to Change

Change starts with a desire, a longing to have things be different than they are.

What changes do you want to make? Identify the areas in your life you want to see change by answering the following questions:

**What would my life feel like if...?**

**What would my life look like if...?**

**What would my life be like if...?**





# Deal with Fear

For the change you desire, what is the fear that is holding you back.

Often times the initial fear is not the real fear - for example, you may say "Fear of failure" is holding me back from launching a business, but if you dig deeper, asking yourself what exactly about you fear about failure, you may discover "Fear that people will laugh at me when I tell them about my business" or "Fear that I will be rejected by my family?" etc..

Remember, fear is a survival mechanism, it helps keep us alive.

**Identify the fear(s) holding you back from making changes listed above.**

**My fear(s):**





# Deal with Fear

For each fear listed above, answer the following:

**Is this something that puts my life in danger?**

**Does this warrant feeling fear?**

**What are some other emotions I could be experiencing instead of fear? (excitement, anticipation, overwhelm, confusion, etc.)**





# Move Into Action

The only way to get beyond fear is to take action. For your fears listed above, complete the following:

**Am I at Cause or Effect?**

**If I am at Effect, what is needed to be at Cause?**

**What is the first step I need to take to create change?**

**When do I commit to completing this step?**

**What is the next step I need to create change?\***

**When do I commit to completing this step?\***

**(\*\*repeat until change is completed)**

