



Tipping the balance toward change

Working out what motivates **you** can help with making changes.

Work out your motivation for change by thinking about any changes you might want to make to the way you are living your life.

Asking yourself these three questions can help you work out if you want to make changes.

1.

When have you made a **significant change** in your life before? How did you do it?

2.

What are 3 ways you want your life to be different in 3 months?

- 1.
- 2.
- 3.

3.

What are the 3 best reasons for changing?

- 1.
- 2.
- 3.



It is normal to feel misunderstood, judged, shamed or angry when someone lectures you about why you need to change how you manage your thoughts, feelings or behaviours.



IDENTITY & VALUES