

Worksheet # 3 - "What change is happening to me?"

You will periodically reach points in your life where what used to work for you no longer serves you and is no longer what you need going forward. Identifying what you need to '*let go of*' can help you deal with change more quickly and efficiently. Again, change requires you to let go of something before there can be a new beginning.

Think about a recent change you have experienced in some part of your life, whether...

~ Personal ~ Career ~ Relational ~ Physical ~

Ask yourself these two questions:

1. What might I need to ***let go of*** in order ***to move forward*** from this change?

And if I let go, what ***new beginning*** might be waiting for me?

Remember that the act of letting-go is an acknowledgment that something has ended. This is a necessary step for something new to take its place.