**The 4c’s to making positive changes in your life Worksheet**

**Change really is about shifting from one state of being to another, to altar and or substitute one thing for another. What do you want to altar, substitute or BE?** -

What are you looking at changing in your life right now?

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1. **Clarity**-We must have a vision of what it is we want to change and what we want the change to be. The clearer the vision the easier the change.

Do you currently have a vision or idea of what you want the end result to be?

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1. **Commitment**- See it through no matter what

What kind of commitment are you able to make? (How much time, energy and effort is needed to make these changes-realistically and see the change as if it has occured)

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1. **Courage**-It takes courage to commit to making changes,

What is the biggest fear that you have behind making this change? Feel the fear and do it anyway.

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1. **Connection**-Do you know the connection between your thoughts, feeling and emotions are directly related to creating your own reality?

Do you currently see the connection between how you feel about the change and what your end result is going to be? Does it support who you want to become? If not what can you do to make sure it does?

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What we think about has a direct connection to what we bring about. Think Happy Be Happy <3 Think you can and You will, Think you have and you do <3