



*Ask yourself the magic question.
What would it look like if it worked?*

Step 1: What are the words you would use to describe how you're feeling or what you're experiencing?

Step 3: What do you think you NEED?

Step 2: What are the words you would use to describe how you WANT to feel or what you WANT to experience?

What 3 Changes are you willing to make to move forward?

A light blue rounded rectangular box intended for writing the first of three changes.A light blue rounded rectangular box intended for writing the second of three changes.A light blue rounded rectangular box intended for writing the third of three changes.

Make 3 Changes™ is a framework for moving forward. Powerful and practical, this tool allows you to quickly assess your current situation, your preferred outcome and what YOU think YOU need to MOVE FORWARD. Visit www.whitneybishop.com/blog for more ideas & strategies for moving forward during times of change, challenge and opportunity. 502. 338. 3780

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