**Activity 13**

**Looking at changes**

**What changes have you made so far?**

|  |
| --- |
|  |

**What have you struggled with?**

|  |
| --- |
|  |

**Are there still changes you need or want to make but haven’t got around to yet?**

**What is getting in the way? How might that be resolved?**

|  |
| --- |
|  |

**It is perfectly reasonable to access support in your endeavours. It is important not to get despondent if it feels difficult. Keep doing the right thing and you will get there.**