

# 8 Weeks To Your Effortless Business

## Change

Week 7 Worksheets

Change takes work and sustained effort. There will be setbacks, dips and problems. It helps to be very clear on your expected outcomes and what you will achieve.

What would you like to change?

Why? What results will this change give you?

Let's check in:

What is the best way to get this done?

Can someone else do it better?

What do you need to change?

For Change to *take*, it must be incorporated into your business and routine. Habits are formed by repetition.

What new actions will you have to take?

When will you do them?

What actions will you replace?

When do you usually do those actions? How will you stop yourself from doing them?