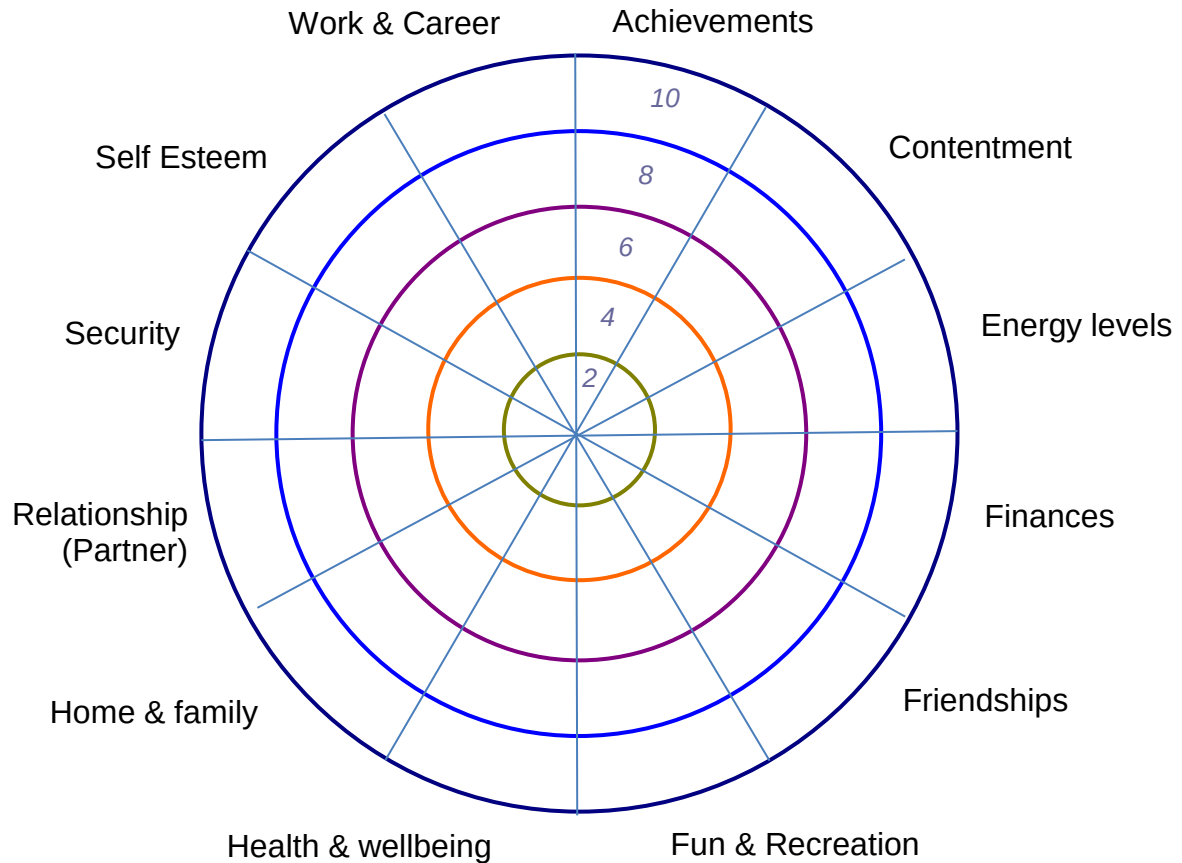


The Change Chart

This exercise provides a breakdown of how you feel about different areas of your life at this moment in time. It provides a starting point for your personal development work.

Score yourself on the Chart according to how satisfied you are, at present, with each area of your life. Take time on each section to consider your thoughts and feelings then fill each section of the 'pie' from the centre outwards.



Which areas of your life need attention?

.....

Which areas require immediate attention?

.....

Which areas are the most significant?

.....

What would be your ideal scores for each of these areas?

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