Things that Need to Change

Every person has things in their life they **wish were different** and would like to change. Some of these things appear **easy** to change, but many of them are **difficult**, and some might even seem **impossible to change**.

It's important to list the things that need to change in your life because once you have a list you can **start work** on actually making some of the changes. **Use the space below to make two lists.**
First, make a list of things you'd like to change about **yourself**. This list can include things such as confidence, health, attitude, ability, knowledge, character, habit, etc.
Second create a list of things you'd like to change in **your world**. This list might include things related to other people, finances, a significant relationship, your job, your house, what you do for fun, opportunity, etc.
Take your time and really think about your life. Your lists can include both **negative things** (you'd like to get rid of) as well as **positive things** (you'd like to have more of). **Don't be concerned** with listing too many things, what anyone else will think of your lists, or whether or not you can actually change some of the things you list. These are your lists, so just be **honest** with yourself.

Things I want to change about myself	Things I want to change in my world