



## MOTIVATED CHANGE CHECKLIST

List the things you are happy with in your current routine, work, riding etc.

- 1 \_\_\_\_\_ 3 \_\_\_\_\_  
2 \_\_\_\_\_ 4 \_\_\_\_\_

What are you NOT happy with and would like to change? BE SPECIFIC!

- 1 \_\_\_\_\_  
2 \_\_\_\_\_  
3 \_\_\_\_\_

What do you NEED to change these three things? (Education, time, guidance, infrastructure, tools etc.)

- 1 \_\_\_\_\_ 4 \_\_\_\_\_  
2 \_\_\_\_\_ 5 \_\_\_\_\_  
3 \_\_\_\_\_ 6 \_\_\_\_\_

What do you need to DO to gain these 1-6 things you need for Change? BE SPECIFIC

- 1 \_\_\_\_\_ 4 \_\_\_\_\_  
2 \_\_\_\_\_ 5 \_\_\_\_\_  
3 \_\_\_\_\_ 6 \_\_\_\_\_

List three things you can do this week to move toward your Goal(s) and DO THEM!

- 1 \_\_\_\_\_  
2 \_\_\_\_\_  
3 \_\_\_\_\_

Commit to spend one hour per day for seven days working on your Plan For Motivated Change. List resources you need. Think about professional coaching options. Set a budget of how much you are comfortable spending on resources.

