

*Think about the change you are considering making and what the implications might be in each of the 4 areas*

*Considers the questions: what is the first step you might take? Who do you need to talk to you about it? What might the obstacles be?*

**What would the implications be?**

**What would the implications of this be?**

What might change me personally/my own growth?



What things might I change about my work?



**WHAT THE FUTURE MIGHT LOOK LIKE VISUAL MAP**

**What would the implications be?**

What things would change with my partner/family/friends?



What things might change about my home/location?



**What would the implications of any of these changes be?**

*Any other reflections on the exercise*