



CHOOSE YOUR CHANCES OF SUCCESSFULLY IMPLEMENTING CHANGE

Your chances of successfully implementing a change are statistically pre-determined. A 1993 study by Brigham Young University found the following correlation between desiring a change and implementing it.

Think of a change you'd really like to make in your life. Your thoughts and actions tell the tale: Success or Fail!

REACTION	ODDS OF SUCCESSFUL CHANGE
"That's a good idea."	10%
"I will do it."	25%
I will do it on this date:	40%
Here is HOW I will do it.	50%
Commit your plan to someone	80 %

Set a specific future time to share progress with the person you commit to.

95% Chance of Change!

Give Change a Chance: Execute the following 95% plan to make desired changes:

Three things I want to change to improve my results and my life

- 1.
- 2.
- 3.

Why it's a good idea:

- 1.
- 2.
- 3.

Why I will embrace implementing this change despite the obstacles I may encounter?

- 1.
- 2.
- 3.



What is one big obstacle I may encounter for each intended change?

- 1.
- 2.
- 3.

How will I manage this obstacle if it should arise?

- 1.
- 2.
- 3.

When I will complete the change:

- 1.
- 2.
- 3.

HOW I will do it- list the new behaviors and/or beliefs that you must employ:

- 1.
- 2.
- 3.

Who I will commit my intention, plan and deadline to?

- 1.
- 2.
- 3.

On what date(s) will I update my progress to that person?

- 1.
- 2.
- 3.

How will I *celebrate* my successes?

- 1.
- 2.
- 3.