

THE THREE A'S TO CHANGE

AWARE: WHAT WOULD YOU LIKE TO CHANGE?

ASSESS: WHAT HAVE YOU TRIED? WHAT'S WORKED
AND WHAT HASN'T WORKED? WHAT COULD YOU TRY?

WORKED:

HASN'T WORKED:

COULD TRY:

ACT: PICK SOMETHING AND TAKE ACTION

THE THREE
A's TO CHANGE

Aware
Assess
Act