

The Change Formula Worksheet

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Area where you want change	How it is now	Change you want
<p>Vision</p> <p>What is your vision for what it will be like when the change is complete?</p> <p>How clear and compelling is this vision? Not at all -----Extremely</p>	<p>Discomfort</p> <p>What is uncomfortable about how things currently are?</p> <p>How uncomfortable is this current state? Not at all -----Extremely</p>	<p>Support</p> <p>What support do you currently have in making this change?</p> <p>How supported are you in changing? Not at all -----Extremely</p>
<p>Updated Vision</p> <p>Now what is your vision for what it will be like when the change is complete?</p> <p>How clear and compelling is this vision? Not at all -----Extremely</p>	<p>Updated Discomfort</p> <p>Now what is uncomfortable about how things currently are?</p> <p>How uncomfortable is this current state? Not at all -----Extremely</p>	<p>Updated Support</p> <p>Now what support will you have in making this change?</p> <p>How supported are you in changing? Not at all -----Extremely</p>

The Change Formula Worksheet: Instructions

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VISION x DISCOMFORT (+ Support) = WILLINGNESS TO CHANGE The Change Formula

While most of us want some change to happen in our lives, most of us struggle to complete these changes. Typically, we change only when we are genuinely willing to change. Consciously or non-consciously, we all resist change until we are willing to create the change. If you haven't changed yet, accept yourself as human for having some resistance. This worksheet will help you to work the "change formula" to overcome this resistance and create the change you want.

Area where you want change

What are some areas in your life where you want change? You might want changes in your way of being (e.g., stressed, creative, productive, organized, etc.) changes in your behavior (e.g., exercising, waking up early, spending time with friends, etc.), or changes to some outcomes or results you're getting in some important area of your life (e.g., getting a promotion, getting paid for your creative work, lowering your cholesterol, improving a relationship, etc.). Pick one life area and fill it in.

How it is now

In this area of your life, what is your experience now, before you have made any changes? Describe all aspects of your experience related to this area, including the things you like and the things you don't like. Go into as much detail as you like, feeling free to write on another piece of paper or your computer. (This will be useful later.) Summarize this current state in a few words.

Change you want

What is the change you most want in this area of your life? Summarize this change in a few words and fill it in. Notice any fears, doubt, or self-talk that comes up as you think about making this change. Note any resistance.

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Let's look at how the change formula is working for you now.

Vision

Quickly envision what the future looks like after the change has been completed. Take as much space as you like, then summarize in a few sentences.

How clear is this vision to you at this time? How compelling does it feel to you right now - meaning how strong is your hunger or desire for that future? Rate your current vision right now in terms of how clear and compelling it is.

Discomfort

Quickly think about life as it currently is, before the change has been completed.

How uncomfortable are you with your current reality as it relates to the change you desire?

Support

What sources of support do you have (internal and external) in making this change?

How supported do you feel you are when it comes to making this change?

Can you see how your current change formula creates your current willingness (or resistance) to change?

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Now let's work on boosting each variable in the change formula.

Updated Vision

Brainstorm and dream, maybe through writing, sketching, vision boarding, or describing your vision out loud. Feel it in your body.

Now make your vision even clearer. Get into all of your senses and try to make the vision so specific and vivid that it feels completely real when you think about it. Then check in: how clear is the vision? Can you make it even clearer?

Then, make it even more compelling. Think big. Remove any self-limiting beliefs about how great this future might be for you once the change is complete. Perhaps the change is even bigger than you imaged - imagine you are completely capable of creating the change you want, and allow yourself to dream up (and feel!) a new reality that is overwhelmingly desirable. Get this bigger, better vision totally clear in your mind.

Next, let's see how compelling this vision is to you. Close your eyes and think about your life as it is right now, before you have made this change. Feel into all aspects of it. What does it feel like? What emotions and sensations do you experience? What thoughts do you have, and what is it like to be you? Think about all of your senses as you see yourself living in this current reality, all parts of it.

Now let's do some time travel in your mind, into the future after the change is complete. Close your eyes and imagine yourself living in that future you envisioned. Again, feel into every aspect of it, getting aware of all of your senses and your emotions. How strongly do you feel your hunger or desire for this future?

How clear and compelling is your vision now?

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Updated Discomfort

Now let's amp up the discomfort about your current reality. Think about all elements of it and really feel your own discomfort. What is current impact on you of your change not happening? Think about all areas of your life - your physical well being, your environment, your career, your creativity, your emotional well being, your social life, your impact, what will your life be like in the near, mid-term, and long-distance future if you do not complete the change? What about the impact on others you love - including those who haven't been born yet? On your company and community and all those who you effect? On the planet? On your spiritual well-being? On your life legacy?

Let's push your discomfort further by thinking about the role that you play in resisting this change. What are the actions (and inactions) currently ensuring the change doesn't happen? What behaviors, mindsets, beliefs, and ways of living your life are working against this change taking place? How uncomfortable are you now about the current state?

Updated Support

What forms of support might help you complete this change? Think about support you could give yourself, things you could do to make the change easier, mindset shifts that might make it simpler to take baby steps, support you could ask for or invest in, tools you could use, etc.

Would you be willing to give yourself a few of these forms of support? Are there any you'd be willing to move toward, or look into? Now, imagine yourself having those forms of support. With that support in place, how supported do you feel right now? Is there something you could do to support yourself even more? (Remember, support itself does not create change. Without either discomfort with the current state OR a powerful vision of the future state we will resist change. The greatest leverage is still in increasing discomfort and vision.)

What does your change formula look like now? Did you see a shift? Examine if this change is one you're truly willing to make.

Do you have a whole body yes to making the change? If so, what baby steps could you take now?

If not, try to let go of this change and find the change you ARE willing to make.