** *Change Happens***

 **Evaluation & Action Assessments**

**Ch.1R-** **Principle:** I do not rest on my past success in any area of my life.

* I rated myself a \_\_\_\_\_\_ on today’s principle. (Rate 1-10…1 = Need a lot of work. 10 = Doing Great!)
* I gave myself this rating because:
* If I raise my rating, I will benefit because:
* I feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ demonstrates this principle well because:
* My specific action from this session is to:

**Ch.1M- Principle:** I am growth-oriented instead of goal-oriented.

* I rated myself a \_\_\_\_\_\_ on today’s principle. (Rate 1-10…1 = Need a lot of work. 10 = Doing Great!)
* I gave myself this rating because:
* If I raise my rating, I will benefit because:
* I feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ demonstrates this principle well because:
* My specific action from this session is to:

**Ch.2R- Principle:** When change happens, I naturally search for the ways it will benefit me.

* I rated myself a \_\_\_\_\_\_ on today’s principle. (Rate 1-10…1 = Need a lot of work. 10 = Doing Great!)
* I gave myself this rating because:
* If I raise my rating, I will benefit because:
* I feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ demonstrates this principle well because:
* My specific action from this session is to:

**Ch.2M- Principle:** When change happens, I intentionally help others look for positive benefits.

* I rated myself a \_\_\_\_\_\_ on today’s principle. (Rate 1-10…1 = Need a lot of work. 10 = Doing Great!)
* I gave myself this rating because:
* If I raise my rating, I will benefit because:
* I feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ demonstrates this principle well because:
* My specific action from this session is to:

**Ch.3R-** **Principle:** When change happens, I am naturally proactive, not reactive.

* I rated myself a \_\_\_\_\_\_ on today’s principle. (Rate 1-10…1 = Need a lot of work. 10 = Doing Great!)
* I gave myself this rating because:
* If I raise my rating, I will benefit because:
* I feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ demonstrates this principle well because:
* My specific action from this session is to:

**Ch.3M- Principle:** When change happens, I intentionally become a positive role model for others.

* I rated myself a \_\_\_\_\_\_ on today’s principle. (Rate 1-10…1 = Need a lot of work. 10 = Doing Great!)
* I gave myself this rating because:
* If I raise my rating, I will benefit because:
* I feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ demonstrates this principle well because:
* My specific action from this session is to:

**Ch.4R- Principle:** When change happens, I am not resistant.

* I rated myself a \_\_\_\_\_\_ on today’s principle. (Rate 1-10…1 = Need a lot of work. 10 = Doing Great!)
* I gave myself this rating because:
* If I raise my rating, I will benefit because:
* I feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ demonstrates this principle well because:
* My specific action from this session is to:

**Ch.4M- Principle:**  When change happens, I always help others be less resistant.

* I rated myself a \_\_\_\_\_\_ on today’s principle. (Rate 1-10…1 = Need a lot of work. 10 = Doing Great!)
* I gave myself this rating because:
* If I raise my rating, I will benefit because:
* I feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ demonstrates this principle well because:
* My specific action from this session is to:

**Ch.5R-** **Principle:** I adapt to change quickly and with a positive attitude.

* I rated myself a \_\_\_\_\_\_ on today’s principle. (Rate 1-10…1 = Need a lot of work. 10 = Doing Great!)
* I gave myself this rating because:
* If I raise my rating, I will benefit because:
* I feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ demonstrates this principle well because:
* My specific action from this session is to:

**Ch.5M- Principle:** When change happens, I look for ways to increase my influence.

* I rated myself a \_\_\_\_\_\_ on today’s principle. (Rate 1-10…1 = Need a lot of work. 10 = Doing Great!)
* I gave myself this rating because:
* If I raise my rating, I will benefit because:
* I feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ demonstrates this principle well because:
* My specific action from this session is to:

**Ch.6R-** **Principle:** When change happens, I naturally begin to look for the opportunities it will bring.

* I rated myself a \_\_\_\_\_\_ on today’s principle. (Rate 1-10…1 = Need a lot of work. 10 = Doing Great!)
* I gave myself this rating because:
* If I raise my rating, I will benefit because:
* I feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ demonstrates this principle well because:
* My specific action from this session is to:

**Ch.6M- Principle:** When change is needed, I am seen as part of the solution, not part of the problem.

* I rated myself a \_\_\_\_\_\_ on today’s principle. (Rate 1-10…1 = Need a lot of work. 10 = Doing Great!)
* I gave myself this rating because:
* If I raise my rating, I will benefit because:
* I feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ demonstrates this principle well because:
* My specific action from this session is to:

**Ch.7R- Principle:** When change happens, I quickly work to change habits that no longer serve me.

* I rated myself a \_\_\_\_\_\_ on today’s principle. (Rate 1-10…1 = Need a lot of work. 10 = Doing Great!)
* I gave myself this rating because:
* If I raise my rating, I will benefit because:
* I feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ demonstrates this principle well because:
* My specific action from this session is to:

**Ch.7M- Principle:** I intentionally challenge old, outdated processes by proposing process improvements.

* I rated myself a \_\_\_\_\_\_ on today’s principle. (Rate 1-10…1 = Need a lot of work. 10 = Doing Great!)
* I gave myself this rating because:
* If I raise my rating, I will benefit because:
* I feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ demonstrates this principle well because:
* My specific action from this session is to:

**Ch.8R- Principle:** When change happens, I am not afraid of the unknown.

* I rated myself a \_\_\_\_\_\_ on today’s principle. (Rate 1-10…1 = Need a lot of work. 10 = Doing Great!)
* I gave myself this rating because:
* If I raise my rating, I will benefit because:
* I feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ demonstrates this principle well because:
* My specific action from this session is to:

**Ch.8M- Principle:** When change happens, I help others overcome their fears and concerns.

* I rated myself a \_\_\_\_\_\_ on today’s principle. (Rate 1-10…1 = Need a lot of work. 10 = Doing Great!)
* I gave myself this rating because:
* If I raise my rating, I will benefit because:
* I feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ demonstrates this principle well because:
* My specific action from this session is to:

**Ch.9R-** **Principle:** When I know change is coming,I change before I have to.

* I rated myself a \_\_\_\_\_\_ on today’s principle. (Rate 1-10…1 = Need a lot of work. 10 = Doing Great!)
* I gave myself this rating because:
* If I raise my rating, I will benefit because:
* I feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ demonstrates this principle well because:
* My specific action from this session is to:

**Ch.9M- Principle:** I see change as something I should do, not something I have to do.

* I rated myself a \_\_\_\_\_\_ on today’s principle. (Rate 1-10…1 = Need a lot of work. 10 = Doing Great!)
* I gave myself this rating because:
* If I raise my rating, I will benefit because:
* I feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ demonstrates this principle well because:
* My specific action from this session is to:

**Ch.10R- Principle:** I intentionally look for ways to leverage change for my benefit.

* I rated myself a \_\_\_\_\_\_ on today’s principle. (Rate 1-10…1 = Need a lot of work. 10 = Doing Great!)
* I gave myself this rating because:
* If I raise my rating, I will benefit because:
* I feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ demonstrates this principle well because:
* My specific action from this session is to:

**Ch.10M- Principle:** When change happens, I look for ways to support those who are leading change.

* I rated myself a \_\_\_\_\_\_ on today’s principle. (Rate 1-10…1 = Need a lot of work. 10 = Doing Great!)
* I gave myself this rating because:
* If I raise my rating, I will benefit because:
* I feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ demonstrates this principle well because:
* My specific action from this session is to:

**Ch.11R- Principle:** Others would agree,I lead myself well during change.

* I rated myself a \_\_\_\_\_\_ on today’s principle. (Rate 1-10…1 = Need a lot of work. 10 = Doing Great!)
* I gave myself this rating because:
* If I raise my rating, I will benefit because:
* I feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ demonstrates this principle well because:
* My specific action from this session is to:

**Ch.11M- Principle:** Others would agree,I lead others well during change.

* I rated myself a \_\_\_\_\_\_ on today’s principle. (Rate 1-10…1 = Need a lot of work. 10 = Doing Great!)
* I gave myself this rating because:
* If I raise my rating, I will benefit because:
* I feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ demonstrates this principle well because:
* My specific action from this session is to:

**Ch.12R-** **Principle:** When I’m leading change, I share information to intentionally build trust.

* I rated myself a \_\_\_\_\_\_ on today’s principle. (Rate 1-10…1 = Need a lot of work. 10 = Doing Great!)
* I gave myself this rating because:
* If I raise my rating, I will benefit because:
* I feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ demonstrates this principle well because:
* My specific action from this session is to:

**Ch.12M- Principle:** When I’m leading change, I seek to understand before I attempt to be understood.

* I rated myself a \_\_\_\_\_\_ on today’s principle. (Rate 1-10…1 = Need a lot of work. 10 = Doing Great!)
* I gave myself this rating because:
* If I raise my rating, I will benefit because:
* I feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ demonstrates this principle well because:
* My specific action from this session is to:

**Ch.13R- Principle:** I feel it is my responsibility to initiate change without being asked.

* I rated myself a \_\_\_\_\_\_ on today’s principle. (Rate 1-10…1 = Need a lot of work. 10 = Doing Great!)
* I gave myself this rating because:
* If I raise my rating, I will benefit because:
* I feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ demonstrates this principle well because:
* My specific action from this session is to:

**Ch.13M- Principle:** When I identify a problem, I feel I am responsible for providing a solution.

* I rated myself a \_\_\_\_\_\_ on today’s principle. (Rate 1-10…1 = Need a lot of work. 10 = Doing Great!)
* I gave myself this rating because:
* If I raise my rating, I will benefit because:
* I feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ demonstrates this principle well because:
* My specific action from this session is to:

**Ch.14R- Principle:** I intentionally strive to be seen as a leader of change.

* I rated myself a \_\_\_\_\_\_ on today’s principle. (Rate 1-10…1 = Need a lot of work. 10 = Doing Great!)
* I gave myself this rating because:
* If I raise my rating, I will benefit because:
* I feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ demonstrates this principle well because:
* My specific action from this session is to:

**Ch.14M- Principle:** When change happens, I help others support and embrace the change.

* I rated myself a \_\_\_\_\_\_ on today’s principle. (Rate 1-10…1 = Need a lot of work. 10 = Doing Great!)
* I gave myself this rating because:
* If I raise my rating, I will benefit because:
* I feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ demonstrates this principle well because:
* My specific action from this session is to:

**Ch.15R-** **Principle:** I have the courage to end all toxic relationships, personally and professionally.

* I rated myself a \_\_\_\_\_\_ on today’s principle. (Rate 1-10…1 = Need a lot of work. 10 = Doing Great!)
* I gave myself this rating because:
* If I raise my rating, I will benefit because:
* I feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ demonstrates this principle well because:
* My specific action from this session is to:

**Ch.15M- Principle:** I have the courage to change what needs to be changed when it needs to be changed.

* I rated myself a \_\_\_\_\_\_ on today’s principle. (Rate 1-10…1 = Need a lot of work. 10 = Doing Great!)
* I gave myself this rating because:
* If I raise my rating, I will benefit because:
* I feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ demonstrates this principle well because:
* My specific action from this session is to: