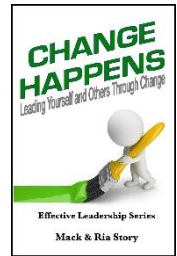




Change Happens
Evaluation & Action Assessments



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: