

Footsteps Exercise

Making Positive Changes – 3 Steps to Change

Complete the footsteps exercise and commit to 3 positive changes that you would like to make. Think about your current situation. Do you want to change your life? What can you do? What do you need to work harder at? Is it your confidence? Is it how you present yourself? Do you need to learn a new skill to help you get your dream job?



Change 1

Change 2

Change 3