**Defining change worksheet**

Think about the following four areas:

* Things we can continue to do...
* Things we never could and still can’t...
* Things we could before but can no longer...
* Things we couldn’t before but can now...

Based on the Empowering Change model presented by Jason Clarke at TEDX Perth.

http://tedxtalks.ted.com/video/TEDxPerth-Jason-Clarke-Embracin

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