

# JOURNEY TO CHANGE



# YOUR JOURNEY TO CHANGE

...begins when you have found the clarity and purpose to drive you forward. From there it's all about putting the right steps in place to ensure you reach your change in the easiest way possible.

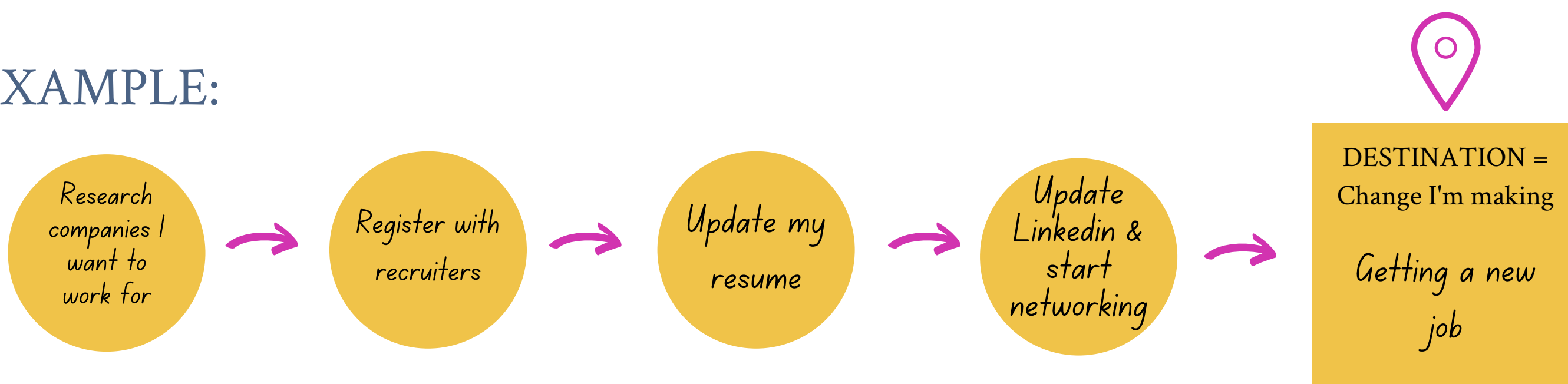
Think of your change as a destination.

You need to think of all the steps to make along the way.

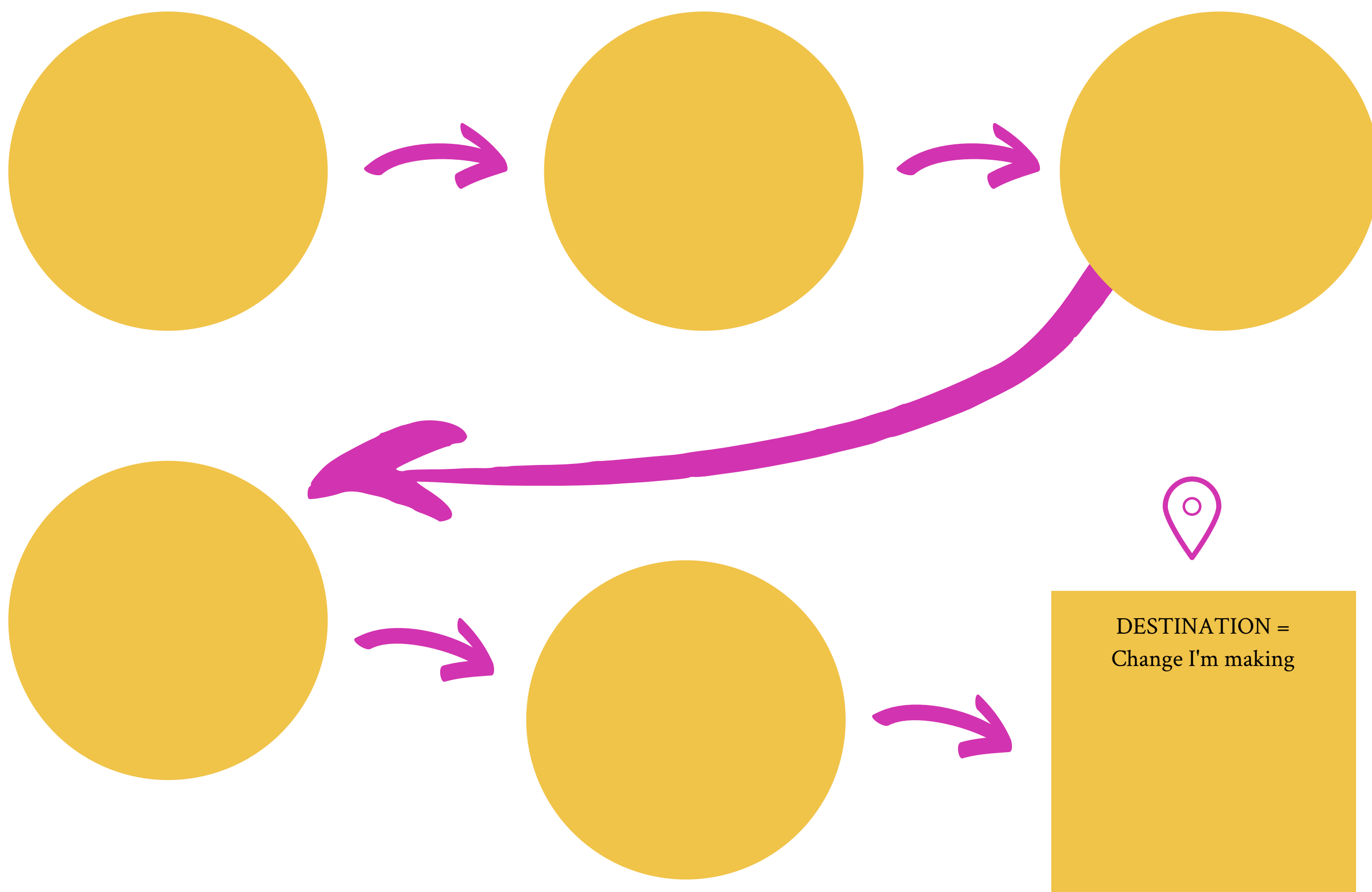
Use the plan below to map out some action steps to help you achieve your change.

Put your 'destination' in first, then work backward.

## EXAMPLE:



## YOUR TURN:



Map your way to a Brand YOU Day