

2-3-4 change plan template

Use this resource to consider the *WHATS* the *WHYS* and the *HOWS* of achieving your goal(s).

2-3-4 approach to change

Step 1 - Identify 2 what's

Start by identifying 2 what's. This will include **1 DIRECTION AND 1 GOAL**. To get started consider the following questions.

Your direction (your 1st 'what')

- Think about your life now... How would you like things to be different?

- Given the things you would like to be different... What direction have you chosen?

Your goal (your 2nd 'what')

Taking into account the things that would specifically help YOU as well as the things that might get in your way...

- What could be the first steps to making these things happen?

- After considering the options your goal is...

Ill revisit this goal and either alter it or set a new goal...

- After this amount of time...
- Or when this happens...

Step 2 - Identify 3 why's

Identify 3 why's. These are your reasons for wanting to follow your direction and achieve your goal.

- What are some broad reasons that will drive you towards your direction or goal?

Considering the reasons you listed above...

- What are the top 3 broad reasons that will drive you towards your direction or goal?
 - 1.
 - 2.
 - 3.
- What are 5 additional benefits that could or would arise as a direct result of achieving each reason?

Reason 1: 5 benefits could include...

- 1.
- 2.
- 3.
- 4.
- 5.

Reason 2: 5 benefits could include...

- 1.
- 2.
- 3.
- 4.
- 5.

Reason 3: 5 benefits could include...

- 1.
- 2.
- 3.
- 4.
- 5.

Review these reasons regularly especially when you're struggling with motivation.

Step 3 - Identify 4 how's

Identify 4 how's. How you will go about achieving your goal.

Remember to include varied ideas even if they seem a little farfetched or out of your comfort zone.

- What are 10 to 20 actions you could take to achieve your goal?

Review your list then circle those actions that would be realistic for you to follow through with at this time? Remember to take into account any barriers that may impact on your choice of actions.

Once you've reviewed your list and identified the realistic options decide on which 4 actions would be the best for you to take now.

The 4 actions you're going to take are...

1.

2.

3.

4.

My 2-3-4 change plan in review

My 2 What's

- My direction is:

- My goal is:

My 3 Why's

- 1.

- 2.

- 3.

My 4 How's

- 1.

- 2.

- 3.

- 4.

NOTE: Ensure you regularly review your reasons for wanting to make a change, especially when you're struggling with motivation. If these reasons start to feel irrelevant or not that important it is recommended that you work through the 2-3-4 resource again.