

## My past successes

Use this resource to consider what has helped you to change in the past.

### Considering past changes...

- What are 2-3 major or important changes you have made in the past? *Preferably these changes would be similar to the current change you want to make*
- What was going on in your life at the time that contributed to you being able to change and how could you recreate this environment?
- What internal factors helped you to make this/these changes? *Internal = the things you did without the help of anyone or anything*
- What external factors helped you to make these changes? *External = the things you did with the help of other people or assistance*

*Considering all of the factors that have assisted you in the past (both internal and external)*

- What can you draw on this time around to assist with your current change?
- How could you enhance the factors that helped you last time so they become even more effective?
- If you can't precisely duplicate any of the helpful factors how could you recreate similar factors?