

# Participant Preparation Sheet

**Change Anything Training** teaches a breakthrough methodology for successfully solving any individual behavior challenge—at work or at home. To help start you thinking about your own behavior challenge, here are examples of what others have tackled:

- Procrastination: you fail to complete projects on time and to spec
- Negativity: your attitude inhibits your ability to be a team player
- Resistance to change: new processes, policies, or systems make you uncomfortable
- Inflexible: you're unwilling to take on new projects or work outside your job description
- Addictions: you can't shake a habit that is affecting your quality of life
- Finances: you struggle to rein in spending or save for retirement

Consider an individual challenge that is getting in the way of your personal or professional goals. You'll develop a plan to change these habits during Change Anything Training.

## Part 1: Identify a Challenge

In the space below, list an individual challenge you'd like to work on during the training.

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## Part 2: Be the Scientist

Why is it difficult or undesirable? Why do you want to make the change? What have you tried in the past?

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## Part 3: Draft an Effective Results Statement

An Effective Results Statement:

- Represents your Target; identifies what it will take to hit a "Bullseye"
- Can fall anywhere along a continuum from very micro to very macro
- Includes 3 main elements:
  - **Specific and Measurable** – it's quantitative, not qualitative
  - **Time-Bound** – it comes with a completion date
  - **What You Really Want** – it's the outcome that matters

In the space below, draft a results statement for the individual change challenge you identified in Part 1 (print up additional copies of this sheet to think through other possible change challenges on which to work during the class).

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Bring this worksheet with you to training to learn how to create a comprehensive change plan that will help you achieve greater levels of productivity, engagement, health, and personal success.