**Switch to Change WORKSHEET**

Answer each question to script the critical moves for your change behavior. Focus your responses in CONCRETE actions that you can complete within the defined timeline. Remember, uncertainty leads to the resistance! **Contact us at** [**MCB.Success@unco.edu**](mailto:MCB.Success@unco.edu) **or Call** [**(970) 351-2131**](tel:+19703512131) **with questions, resources, and support.**

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| ***The Change*** | Write the behavior, process, or outcome you want to change. *EX. Prepare for exams more than in the past.* |
| **GOAL** |  |
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| **1**  **Direct the Rider**  **Set Clear Outcomes** | How will you know when your change is complete? Define the GOAL. *EX. Review class materials for six total hours, broken up over the week before the exam.* |
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| What has worked in the past that you can do more of in the future? *EX. Studying in the morning feels the most productive for me.* |
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| **2**  **Motivate the Elephant**  **Building Momentum and Reasons** | How do you currently feel about your goals? How will you feel once the change happens? *EX. I feel nervous and frustrated when I don’t prepare for exams*. *When I do prepare more, I feel confident about the exam.* |
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| How will you break your change into smaller pieces? *EX: Study for 30 minutes every morning and evening for the 6 days before the exam.* |
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| **3**  **Shape the Path**  **Set Up Your Space for Success!** | Soon is not a time. When will you start the change? Where does the path lead? *EX: The first exam is in two weeks, so I will start studying next week. I will repeat this process for the rest of the semester.* |
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| What are the steps and tools you need to change? *EX: Create note summaries and flashcards for each chapter, and keep the materials on my desk; set the alarm for study time, and block out my calendar.* |
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Read the Book: **Switch** (2010) by Chip Heath and Dan Heath, Currency: New York, NY