

Phase 3: Design your Change

The Blueprint for Change - Instructions

(phone / take home / in person)

Print a copy of this (from E-mail attachment or use the printed copy provided).

The Blueprint for Change, Part I (pages one and two of the Blueprint):

When filling out your Blueprint for Change just “*Give it a Go!*”, as they say. There’s no right or wrong. You will be changing and refining your Blueprint for Change over several sessions - so no worries - it’s only your first try. By writing down your thoughts this process will support you to focus your thoughts, ideas, feelings, and actions to create a blueprint for your success! Your responses are just for you and your use in the Circle of Life Process.

Notes:

- If you have a Participant Guidebook, you can read through **pages 25-38** for ideas and support. **You can see Jeans sample on page 23 / or attachment.**
 - You can also get ideas from the **Sample Intentions, Goals, and Affirmations on pages 57-62.** (Or see the attachment or copy provided of the Sample Intentions, Goals and Affirmations.)
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The Blueprint for Change, Part 2: (page three of the Blueprint)

Action Steps: “Brainstorm possible Action Steps” on the **back of Part 1 of your Blueprint.**

Then select one or two Realistic Action steps to complete during the upcoming Accountability Period **on Part 2 of your Blueprint.**

Then choose & schedule one Mind/Body Self Care Practice to support your wellbeing between now and the next session **on Part 2 of your Blueprint.**

- **Mind/Body Self Care Practices** can be chosen from:
 - the list on **page 38** in your Guidebook
 - or see the email attachment
 - or you choose one of your own

Make sure to choose the method of **Accountability** you will be using for the following week (**coach, group or peer**).