

Learning Activity IV: Change is Good!

Instructions

This learning activity requires you to look at areas of your life you would like to change for the better. It is recommended you look back to *Learning Activity II: On Your Last Nerve* as a reference for those areas you would like to change. If you did not complete that activity, you can think about those things now in this activity.

Complete the following steps to complete the activity:

1. Retrieve **Learning Activity II** from “Face Your Demons” and document those negative feelings or situations that you accept some or all responsibility in column one. **Note:** If you did not do this activity, write down any current negative feelings or situations in column one.
2. Write down what action you can do in the situation or how you are feeling to change it for the better in the **Action** column.
3. Indicate a deadline in the **Deadline** column.

Situation or Feeling	Action	Deadline

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