


“BE IT” LIST The Personal Change Dashboard

AREA OF LIFE	WHAT PATTERNS DO I WANT IN MY LIFE?	WHAT DIFFERENCES INFLUENCE THAT PATTERN?
How might I shift that difference?		
Level 1 Difference (Damps the pattern I want)	Level 2 Description (Maintains the pattern as it is)	Level 3 Description (Amplifies the pattern)
		
Actions steps i can take to move me toward greater fit with the pattern i want: 		

...OR  Read the Book that will Move You Forward and... **ORDER ADAPTIVE ACTION**