

A PERSONAL TRANSFORMATION WORKSHEET

Today, it is important to think about what this change means to you and your image of your “old” self and the image of your “new” self. Try this really simple activity that will help see and visualize the person you were, the person you are and the person that you would like to become.

The Old Me (a self portrait)	The Current Me	The Future Me
How I see my old self:	How I see my current self:	How I want to see my future self:
Things I love about the old me that I do not want to change:	How I will integrate these things I do not want to change into my new lifestyles:	What the future me looks like with a new lifestyle but having kept the things I do not want to change:
Things about the old me that I would like to change:	Things about the old me that I am working on changing or have changed:	What the future me looks like with these changes (words or pictures):