



THE COACHING GROUP

CASE FOR CHANGE

A CASE FOR CHANGE HELPS YOU IDENTIFY AND ACKNOWLEDGE A NEED FOR CHANGE BY HIGHLIGHTING THE CONSEQUENCES OF INACTION. IF YOU THINK IN TERMS OF A CARROT AND A STICK, SEE YOUR VISION AS THE CARROT AND THE CASE FOR CHANGE AS THE STICK.

Take a moment to reflect on your current relationship. Consider your feelings, challenges, and aspirations. Note down any thoughts.

Close your eyes and vividly imagine your life one year from now if you were to carry on as you are and make no changes. Note down any thoughts.

Repeat the process above, but this time imagine your life five years from now if you were to make no changes. Note down any thoughts.

Repeat the process above, but this time imagine your life ten years from now if you were to make no changes. Note down any thoughts.

