



Worksheet: Unlocking Change



The 5 W's of Change help you break habits, shift your mindset, and take action. Use this worksheet to gain clarity and overcome roadblocks.

How to Use

- Find a quiet space – Reflect without distractions.
- Answer each W honestly – Write down your thoughts.
- Identify one action – Small steps create big change.

W¹ – what do I truly want?

W² – why do I want it?

W³ – what's stopping me?

W⁴ – what needs to change?

W⁵ – what will I do differently?