



# Intentional Change Brainstorm

*6 questions to help you consider your next move.*

I have an immediate action step for you to begin considering what's next for you. Grab something to take notes with (pen and paper or your phone and a timer) Put 5 minutes on the time, and then start to write down all the things you can think of about this new change. Use these 6 questions to more completely consider this next move!



**What all is involved in this change?  
(time, money, resources, skill, people)**

**Why is this potential change exciting?**

**What scares you about it?**

**Who do you need to tell about it?**

**How would your life look different if  
you made this change?**

**What do you risk by not making this  
change in your life?**



Now that you've got your list started, go back and begin to journal your responses. How do you feel about these answers? What does the feelings of being scared involve, really investigate what's going on in your heart and mind as you consider this change. Spend even 15 minutes in deeper contemplation about it. There is value in considering what your passion level is, to determine if this is the right next step for you!