

This worksheet helps you explore your current relationship with change without pushing you to make a decision. It's to evaluate urgency versus readiness and to consider both the costs of change and benefits of staying still. Use it to assess whether there is any real desire to move, and just as importantly, whether there is a need to stay exactly where you are for now. Both are legitimate options.

PART 1: THE INTERNAL WEATHER

Read each line and tick what feels closest. There are no correct patterns.

Lately, when I think about change, I mostly feel:

- Urgency (I need to fix this right now to stop the anxiety)
- Readiness (I feel calm and prepared to shift)
- Fatigue (I'm too tired to start)
- Impatience (I just want it over with)
- Resistance (I know I should, but I don't want to)

"You don't owe movement. You don't owe certainty. If something does shift over time, you'll know—not because you decided, but because staying still will no longer feel like the right position."

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PART 2: THE COST

Not what change promises—what it would cost.

If something were to shift, it would likely require:

- energy I'm not sure I have
- disruption to routines that currently hold me together
- disappointing someone
- tolerating uncertainty
- letting go of familiarity
- attention I'd rather place elsewhere

Notes:

"Real change starts with a clear-eyed respect for reality. It takes the world as it is - limits, costs, timing, and the people involved - and turns that truth into a next step that can be carried, repeated, and sustained. Ambition becomes stronger when it's grounded, because it can hold pressure without breaking. When reality is included, change has a chance to last."

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PART 3: THE PROTECTION

Sometimes “not changing” is not avoidance—it’s protection.

Right now, staying as I am may be helping me by: (e.g., keeping the peace, protecting my energy, avoiding failure)

And it may be quietly costing me:

You don't need to balance this equation.

PART 4: PERMISSION TO STAND STILL

Read slowly. Tick only if it feels true.

- I'm interested in change, but not ready.
- I'm not interested in change right now.
- I'm interested, but unclear what kind.
- I don't want to think about this further yet.
- I'm open to revisiting this later.

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