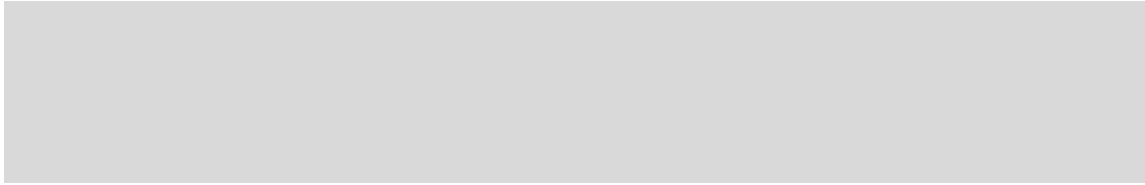


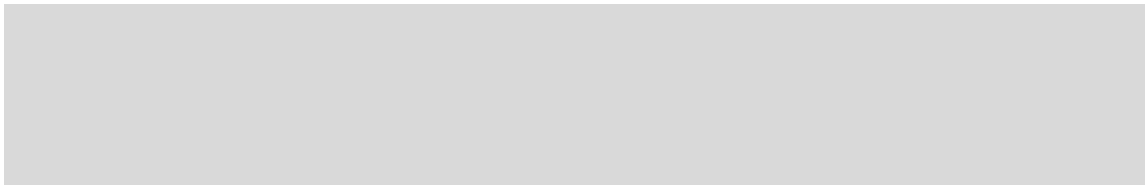
Positive Change

Phase 4: Lesson 1 Your Improved Situation

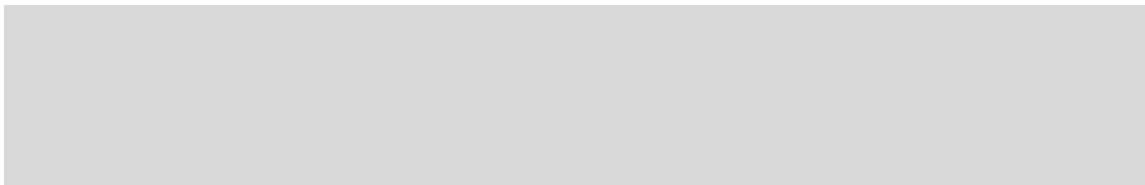
What does your new reality look and feel like?



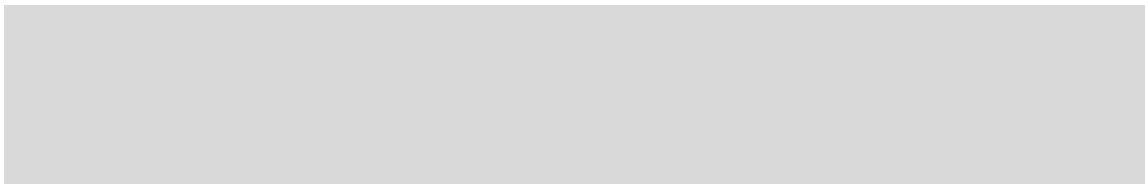
What does your new identity look and feel like?



What do you like most about your life now?



What are the most positive changes and choices you've made?



How committed are you to using a weekly planner?

