

10 STEPS FOR *making change*

1. Listen for where change needs to happen.
2. Acknowledge a change needs to be made.
3. Pray and seek God's help for making the change.
4. Accept change needs to occur.
5. Take small steps to make the change.
6. Make the small steps with a positive mindset.
7. Evaluate if the change requires you to take a step back and take time for yourself or if it requires you to step out and be with others for support.
8. Visualize where you want to go with the change and remember everything has a purpose.
9. Accept help where appropriate.
10. Acknowledge the blessings along the way.