

## MyCube4Change Change Framework / Grid

What change do you want to reflect on? \_\_\_\_\_

<b>Wisdom</b>	<b>Trust</b>	<b>Deception</b>
<b>Consider Opposites</b>	<b>Value</b>	<b>Power Plays</b>
<b>Let Go</b>	<b>Do</b>	<b>Withdraw</b>

# Worksheet: Choosing a change topic



Reflect on **choosing a change topic**...

Step 1 - What would you call the overall area of your desired change? For example: *improved health*

---

Is this change: circumstantial or intentional?

---

Step 2 - Write down at least three subcategories (or parts) of that change which you will need to accomplish for the change to happen.

*Example: for improved health I need: better diet, more exercise and improved rest*

---

---

---

---

Which of these three subcategories are you struggling with the most?

*Example: improved rest*

---

---

Step 3 - Using your chosen subcategory from above, ask yourself: What must change? In other words, specifically within my chosen subcategory, what must change?

*Example: I need to sleep more*

---

---

**That last answer is your change topic!**

# Worksheet: The value statement



Reflect on the **value statement**...

Write down three ways in which your actions show you what you want to value.

---

---

---

---

Write down three examples in which your actions highlight something that you don't want to value and yet you do (*i.e. something that can be seen in what you put your time to, and yet in your heart and mind you don't want to value this*).

---

---

---

---

---

How does this feel, can you identify with the concept that what you value is shown in what you do?

---

---

---

---

## Worksheet: The hand of value

Reflect on **the hand** as a representation of the types of **value**...



- *True value,*
- *Aspired value,*
- *Unwanted value,*
- *Value struggle, and*
- *Value shift.*

Write down one or two examples of each of the values from your own life.

---

---

---

---

---

Consider the tension between your aspired values and your unwanted values, and the resulting value struggle. How does that feel?

---

---

---

---

---

# Worksheet: Dimensions and levers of change



Reflect on the **dimensions and levers of change**...

Which dimension (column) of change do you need to improve in, and why?

---

---

---

Which of the change levers seemed most unknown or uncomfortable for you? Why?

---

---

---

How might an understanding of these levers shift the way that you view change in future?

---

---

---

Which of these would you most like to grow in and why?

---

---

---

# Worksheet: Accountability



Reflect on the concept of **accountability**...

Do you believe it is important to be accountable for your actions?  
Why?

---

---

---

What do you believe has contributed to this belief which you hold?

---

---

---

If you answered "No", what might make you more open to consider this in future? Or what is preventing you from doing this?

---

---

---

Reflect on your chosen change topic from earlier.

Who will you ask to support you in doing that 1 next step which you chose?

---

---

---

## Worksheet: Changeability



Reflect on the **results** of your **changeability assessment**...

In which dimension did you score lowest and what does that mean to you?

---

---

---

---

---

Which lever do you feel you are strongest in, and why?

---

---

---

---

---

Which lever did you struggle the most with, and what realizations have come from that?

---

---

---

---

---