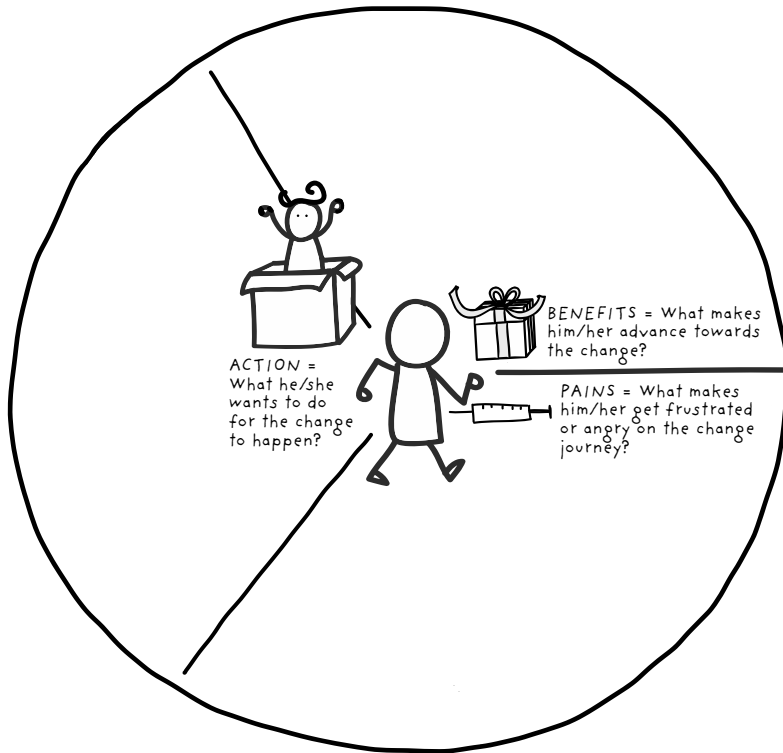


CHECK YOUR CHANGE STATEMENT IN RESPECT TO WHAT KEEPS PEOPLE MOTIVATED

Change Statement

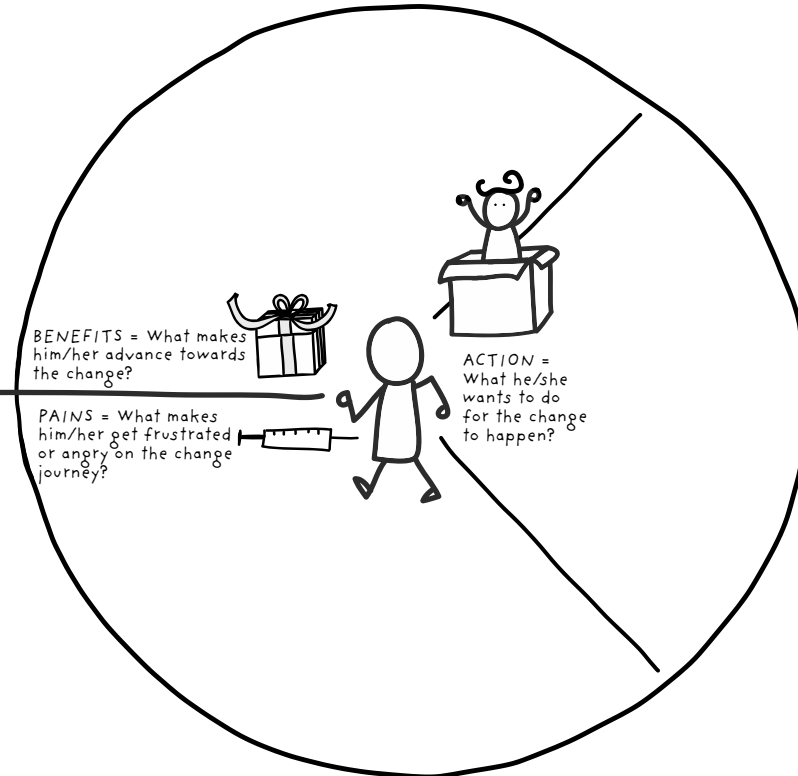
PERSON:



BENEFIT TRIGGERS: WHAT CAN BE DONE TO MAINTAIN AND INCREASE POSITIVE EXPERIENCES?

change

PERSON:



PAIN RELIEVERS: WHAT CAN BE DONE TO DECREASE NEGATIVE EXPERIENCES?