

# What Happens If You Don't Change?

1. List the aspects of your life that you are unhappy with (productivity, revenue, weight, intimate moments, seeing kids ball games).

▶ _____	▶ _____
▶ _____	▶ _____
▶ _____	▶ _____

2. List what you'd like the result of changing these aspects to be no matter how dramatic or the price tag attached.

▶ _____	▶ _____
▶ _____	▶ _____
▶ _____	▶ _____

3. Identify at least one person for each result who could help you get different results.

▶ _____	▶ _____
▶ _____	▶ _____
▶ _____	▶ _____

4. Write down the names of those people you envy, wish to emulate, or idealize.

▶ _____	▶ _____
▶ _____	▶ _____
▶ _____	▶ _____

5. Set up a time and talk directly to these people listed above them about their story, how they got there, their struggles, what they lost, gained, and gave up. Anyone that has achieved anything of value to others has done exactly that and it's important you don't only know their success but their journey to success, what they learned and how they changed along the way.



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