

# Roadmap for change exercise

This exercise is designed to help you focus on moving forward and thinking about what changes you would like to see in your life.

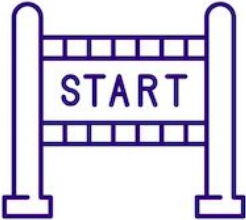
The changes might include:

- Newfound meaning and purpose
- Restored confidence, identity and self-esteem
- Investing in relationships
- Improved wellbeing
- Practical changes like a job or house move

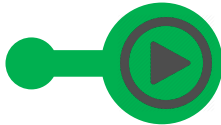
If you'd like to, you can share your roadmap with me at [suzanne@coachingforloss.com](mailto:suzanne@coachingforloss.com) – we can then schedule a call to discuss how I can support you to make your goals a reality.



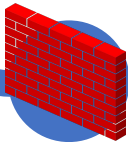
# Roadmap for change: Finding your new direction



Where am I now?



Obstacles I might face on the way



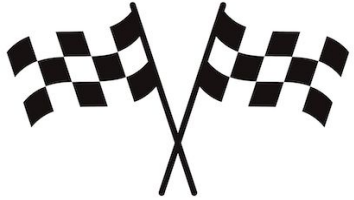
What's holding me back?



Dips in the road



Where do I want to be?



Where am I now?

What is blocking my path?

What are the first steps forward I can take?

Where is my destination?

# Using the tool – 4 easy steps

- Draw four rows on a blank piece of paper and add the headings from the template on the previous page
- Use drawings, symbols or words to complete each row in the following order:
  1. Start with Row 1: Where am I now?
  2. Jump to Row 4: Where is my destination?
  3. Move to Row 2: What is blocking my path? What barriers, dips in the road or challenges might I face along the way?
  4. Finish with Row 3: What are the first steps forward I can take?