

Communication Change Worksheet

What do I need to change?
On a scale of 1 to 10 how ready am I to change?
What would help me move higher on the scale?
What are the possible benefits of changing?
What's the next step for me to change?
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Winning Your Relationship Game-Create a Relationship You Love www.WinningYourRelationshipGame.com
Communication/Assertiveness Course

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