

# CHOOSING TO CHANGE

*Companion Reading Guide*

**Journal Your Way  
Into Personal Peace & Balance**

# PURPOSE

Use this guide as you read each chapter of “Choosing to Change” and discover more insight into how and why you think, move and decide.

*Embrace the challenge!*

NOTE: At the end of this guide is a feedback form. Please share your thoughts and reactions with Patricia by emailing her at [patricia.palmore@gmail.com](mailto:patricia.palmore@gmail.com).

## Ask Yourself:

## What am I learning about my own emotional management or emotional intelligence?

[illegible]

[illegible]

## Ask Yourself:

## What is one way I can discipline my responses to others?

This image shows a single page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

[illegible]

## Ask Yourself:

**How have I begun training myself to guard my emotions until I'm ready and prepared to respond or act more wisely?**

[illegible]

[illegible]



## Ask Yourself:

## How did the author's journey connect with your own?

[illegible]

[illegible]

## Ask Yourself:

## What are your most important and/or challenging takeaways?

[illegible]

[illegible]

## Ask Yourself:

**List one or two strong emotions or responses the book or chapter(s) evoked?**

[illegible]

[illegible]

## Ask Yourself:

## Which statements resonated with you as quotable? Why?

[illegible]

[illegible]



# FEEDBACK FORM

1. Which version of the book did you purchase? Why?

☐

eBook

☐

Paperback

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2. How long did it take you to finish reading the book?

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3. **CALL TO ACTION:** Name at least one thing you plan to change in your life after reading this book and give yourself a starting and end date to achieve it.

Action Item	Start Date	End State