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.

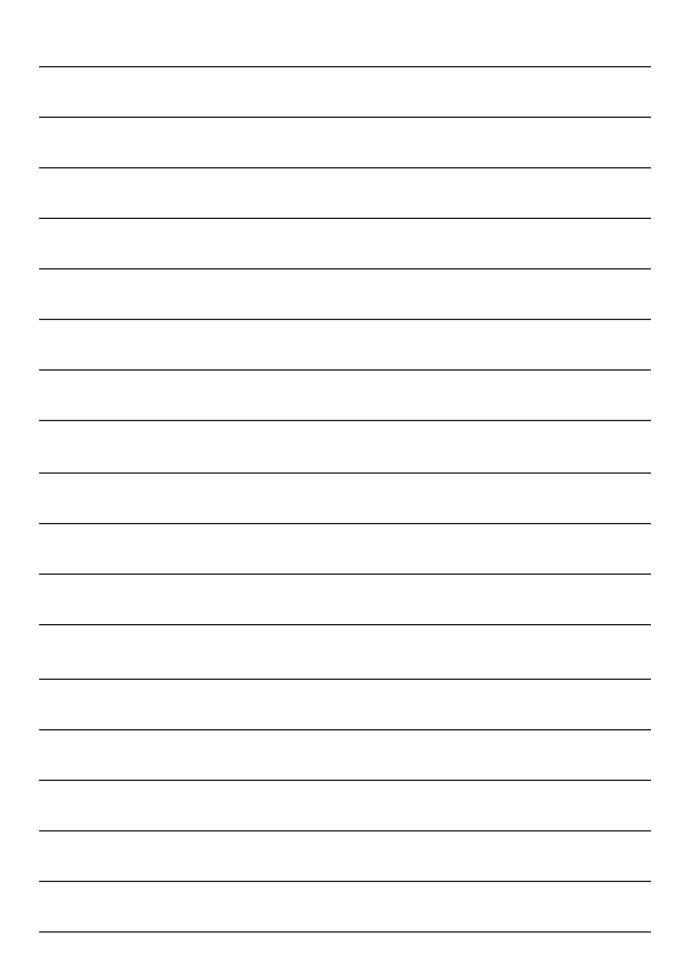
What am I learning about my own emotional management or emotional intelligence?

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

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

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

What are your most important and/or challenging takeaways?



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

Which statements resonated with you as quotable? Why?

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FEEDBACK FORM

1. Which version of the book did y	ou purchase? W	hy?
eBook	Paperback	
2. How long did it take you to finis	sh reading the b	ook?
3. CALL TO ACTION: Name at lea change in your life after reading the attention and end date to achieve	is book and give	
Action Item	Start Date	End State