

# THE CHANGE CONTINUUM

## *Steps for “Training” to Change, not “Trying” to Change*

Willingness +	Education +	Understanding +	Action +	Accountability +	Analysis =	Progress (Change)
_____	_____	_____	Clearly Defined...	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	Clearly Defined...	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	Clearly Defined...	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	That You Put On...	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____

*We can make the choice to live lives that are mindless and meaningless,  
or lives that are meaningful, full of positive change.  
Choices and changes that lead to a fulfilled life can be hard,  
but we owe it to ourselves and our communities to make the choices that lead to  
better lives, better neighborhoods and better worlds.*

*– From Chapter Three, The Changing Point:  
Ten Principles for Personal Success and Community Solutions  
by Ian Hill, Jennifer R. Baumer and Cindie Geddes*

