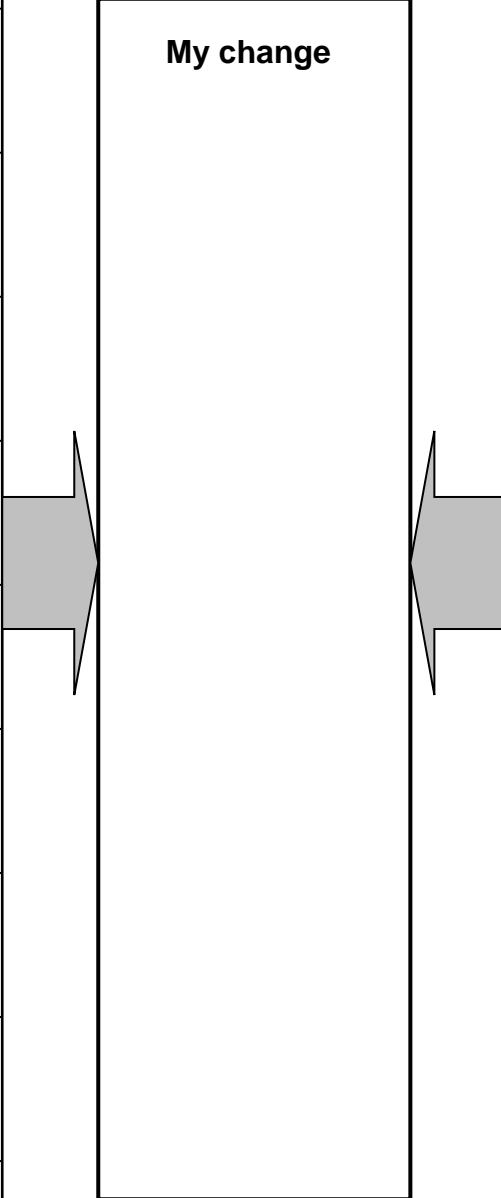


Name:

Date:

## Force Field Analysis for Personal/Professional Change

Forces FOR change	Score			Forces AGAINST change	Score
		<div data-bbox="670 436 986 1630" style="border: 1px solid black; padding: 10px; text-align: center;">My change</div> 			
<b>TOTAL</b>				<b>TOTAL</b>	

- Describe your change in the middle
- List all forces **for** change in the left-hand column, and all forces **against** change in the right-hand column
- Assign a score for each force from 1 (weak) to 5 (strong)
- Add up the totals