## **Changes in Your Life**

In the chart below, identify a change in your life. An example might be moving to another place or getting a new pet.

| What was a change in your life?    |
|------------------------------------|
|                                    |
|                                    |
|                                    |
| What happened after the change?    |
|                                    |
|                                    |
|                                    |
| How did you feel about the change? |
|                                    |
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