

# What Shifted:

I used to think this...

PAST

BECAUSE OF THESE REASONS:

# PERSONAL SHIFT JOURNEY



Currently I'm thinking this...

FUTURE

BECAUSE OF THESE REASONS:

As a result, in the future I will...



**DRAW OR WRITE KEY EVENTS OF YOUR EXPERIENCE ► PLACE THEM IN SQUARES**

**DRAW OR WRITE KEY EVENTS THAT SHIFTED YOUR PERSPECTIVES, THINKING, VALUES TO CHANGE ► DRAW A LIGHTBULB NEXT TO IT**

## AFTER YOU HAVE MADE YOUR PERSONAL SHIFT JOURNEY MAP, REFLECT AND FILL OUT THE FOLLOWING:

CHANGED FROM THESE ASSUMPTIONS, VALUES, PERSPECTIVES:

TO THESE ASSUMPTIONS, VALUES, PERSPECTIVES:

BECAUSE THESE THINGS HAPPENED: