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DR. AGATA DULNIK-*Every Day Matters*

TALKING POINTS

Identify problem areas.

People matter and their lives matter. There is very seldom a situation that can't be improved upon.

Rate satisfaction levels.

Rate your level of satisfaction/dissatisfaction in those problem areas. That will help pinpoint the problems and outline a course of corrective action.

Develop scenarios.

Instead of complaining about life, picture your life differently as if it were changed. What would your life look like if you made those changes? How would you view yourself? How would others view you?

Prepare for change.

There are two types of change: The change that happens to people and the changes that are driven by you.