





## Post-Training Support

4. Can you exert some control over the list in Step 3 so they're not so bad? Imagine two or three things you can do to influence each item and record those actions here.
  
  
  
  
  
  
  
  
  
  
5. Look at the change from a different, more positive perspective. List some good things that might happen because of the change.

### Notes