

# 100 Ways to Change Your Life

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## 100 Ways to \_\_\_\_\_

- |           |           |
|-----------|-----------|
| 1. _____  | 26. _____ |
| 2. _____  | 27. _____ |
| 3. _____  | 28. _____ |
| 4. _____  | 29. _____ |
| 5. _____  | 30. _____ |
| 6. _____  | 31. _____ |
| 7. _____  | 32. _____ |
| 8. _____  | 33. _____ |
| 9. _____  | 34. _____ |
| 10. _____ | 35. _____ |
| 11. _____ | 36. _____ |
| 12. _____ | 37. _____ |
| 13. _____ | 38. _____ |
| 14. _____ | 39. _____ |
| 15. _____ | 40. _____ |
| 16. _____ | 41. _____ |
| 17. _____ | 42. _____ |
| 18. _____ | 43. _____ |
| 19. _____ | 44. _____ |
| 20. _____ | 45. _____ |
| 21. _____ | 46. _____ |
| 22. _____ | 47. _____ |
| 23. _____ | 48. _____ |
| 24. _____ | 49. _____ |
| 25. _____ | 50. _____ |

# 100 Ways to Change Your Life

## 100 Ways to \_\_\_\_\_

---

- |           |            |
|-----------|------------|
| 51. _____ | 76. _____  |
| 52. _____ | 77. _____  |
| 53. _____ | 78. _____  |
| 54. _____ | 79. _____  |
| 55. _____ | 80. _____  |
| 56. _____ | 81. _____  |
| 57. _____ | 82. _____  |
| 58. _____ | 83. _____  |
| 59. _____ | 84. _____  |
| 60. _____ | 85. _____  |
| 61. _____ | 86. _____  |
| 62. _____ | 87. _____  |
| 63. _____ | 88. _____  |
| 64. _____ | 89. _____  |
| 65. _____ | 90. _____  |
| 66. _____ | 91. _____  |
| 67. _____ | 92. _____  |
| 68. _____ | 93. _____  |
| 69. _____ | 94. _____  |
| 70. _____ | 95. _____  |
| 71. _____ | 96. _____  |
| 72. _____ | 97. _____  |
| 73. _____ | 98. _____  |
| 74. _____ | 99. _____  |
| 75. _____ | 100. _____ |

# 100 Ways to Change Your Life

Thank you for downloading 100 Ways to Change Your Life from Sage Grayson Coaching at <http://sagegrayson.com>. This “brain dump” tool will help you think out of the box and come up with unique solutions to your problems.

## Instructions

- Write a title at the top of your worksheet. If you are trying to lose weight, your title would be “100 Ways to Lose Weight.”
- Set a timer for 1 hour, and then start listing any ideas you have that are ways to lose weight (or whatever your topic may be). It doesn't matter if you've tried these ideas before or if you have no intention of ever doing these things.
- The first 25 items will be no-brainer ideas (count calories, park farther way from stores' entrances). Your ideas for 26-50 will push you out of your comfort zone (march in place when I'm on the phone, brush my teeth after every meal). Ideas 51-75 will open up parts of your brain to out-of-the-box ways of thinking (get a haircut, move to the moon). And ideas 76-100...well, that's where the real magic happens. You'll probably surprise yourself with the imaginative solutions you come up with. Don't discount them even if they seem crazy! Just let them flow.
- Make sure you do this exercise with a set time limit (usually 1 hour). It's the sense of urgency that helps you come up with these original ideas.
- Now, whenever you get stuck on this problem in the future, you'll have 100 ways to solve it. And you can keep adding to the list!

## Who's Sage?



Hey there! I'm Sage Grayson, and I'm a kick-ass life coach who helps busy women make their lives a little sweeter. I live in the suburbs of San Francisco with my husband, Chris, and dog, Skyla.

Like this worksheet? Get more unstoppable motivation at <http://sagegrayson.com>.

Follow me on Twitter @SageGrayson1

Connect with me on Facebook at [www.facebook.com/SageGraysonCoaching](http://www.facebook.com/SageGraysonCoaching)

## FREE Ready, Set, Go! Call

Get your free Ready, Set, Go! coaching call. This is a 30-minute Skype video chat with me where we'll discuss the challenges you're facing, your big goals for your life, and how to get you there.

Let's get started today!

Sign up at <http://sagegrayson.com/ready-set-go-call/>.

