

WHY IS IT SO HARD TO

CHANGE

UNDERSTANDING THE WHY
HELPS US NAVIGATE AND ALLOW

1. Negative emotions are the motivator.

Shame, Guilt, Fear.....

LASTING CHANGE NEEDS
LAUNCH FROM A DESIRE FOR
THE POSITIVE



Think about it!

NEGATIVE EMOTIONS

The focus begins and stays on all the things we are NOT doing, doing wrong.
A life and joy sucking fuel.

Looking Down or Back energy

LACK

POSTIVE DESIRE

Seeing yourself in a positive light,
inspires thoughts and actions from a person and perspective of enthusiasm.

Looking Up and Forward energy

GAINS

2. All or Nothing Trap


no win situations

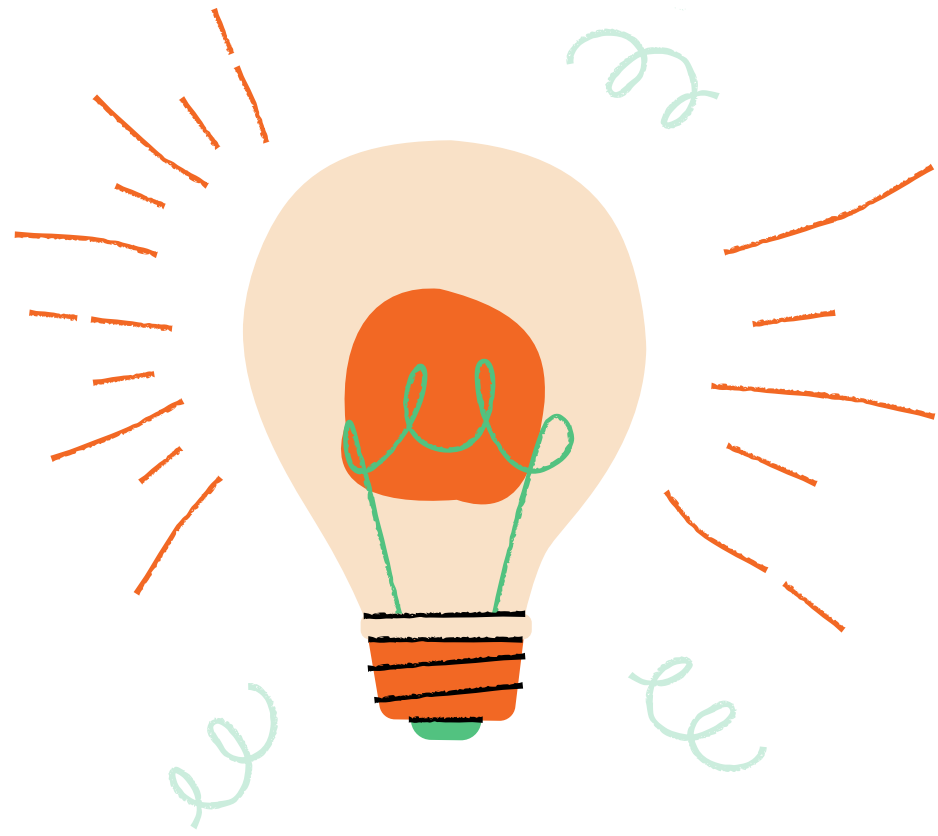
ALL OR NOTHING OFF THE TABLE



3. More is not better.

*Let go of big ideas and embrace the
idea of small actions.*

A large, solid green shape with a wavy, organic top edge that spans the width of the slide, positioned at the bottom.



SMALL & Actionable goals

"I am going to start exercising"

VS

"I'm, going to start walking tonight after work for 30 minutes down Ridge Rd.."

4. The right tools.

A tool box, not a road side kit.

NOT A ONE SIZE FITS ALL.

TRYING

ADDING

DELETING

5. Ditch the Multiple behavior approach

One THING at a time.

SEEDS.....

PLANTS...

GARDEN...

ACRES...

HOMESTEAD.....

6. Let go of FAILING

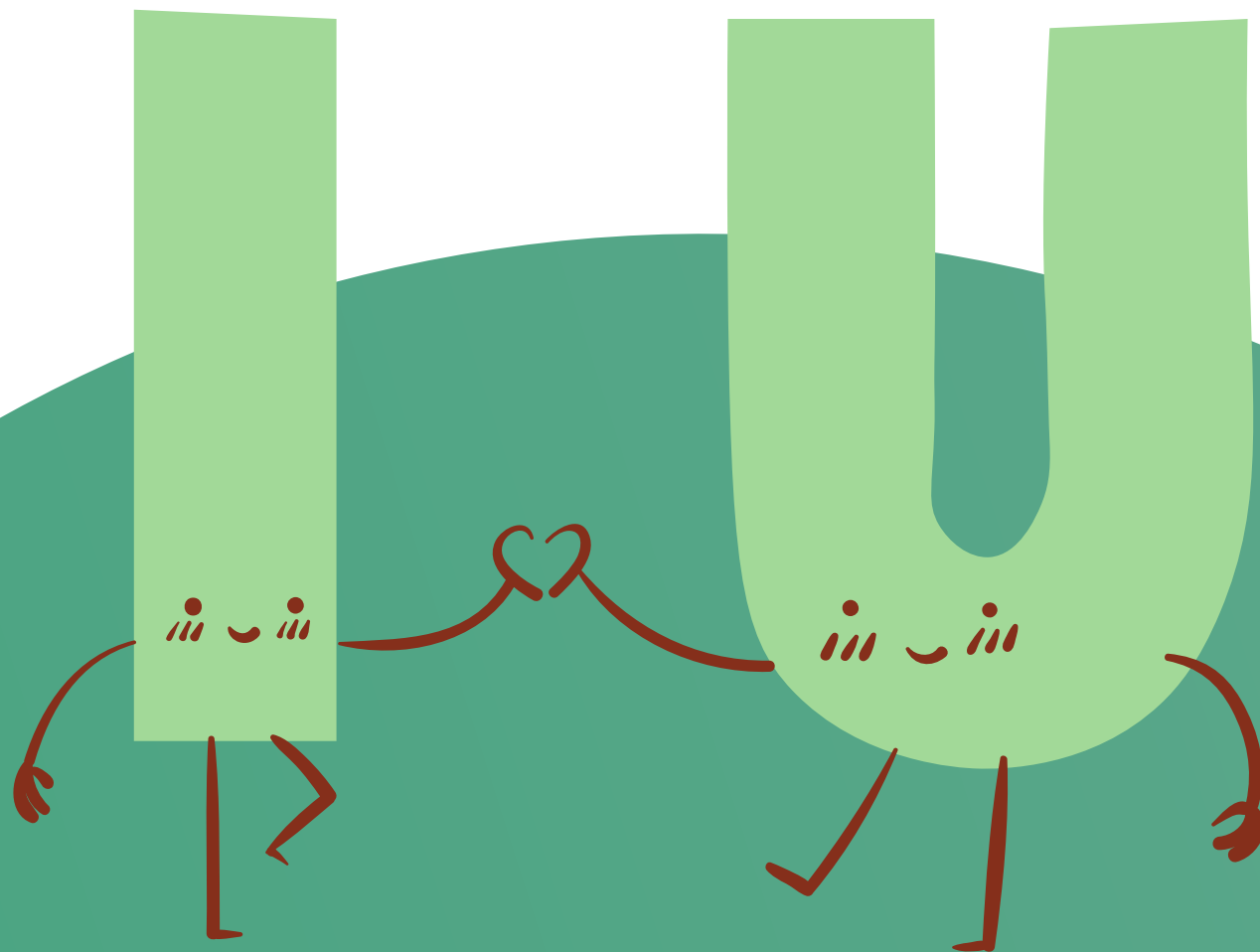
Allow for falling

WHEN YOU FALL, YOU GET BACK UP.
IT IS AN EXPECTED, ALLOWED AND
FORGIVEN STEP IN THE PROCES.

7. Commitment device

Accountability

AVOIDING THE I CAN'T SEE IT AND
CREATING YOUR COMMITMENT



3 things that keep us from begining

1. Uncertainty/Unknown
2. Fear of Judgment/non conformity.
3. Resistance to struggle.

A.C.T

Become Aware

Find Clarity

Turn it around

Feel the fear and do it anyway

See yourself in your new adventure and do
what a person in the position would do!

Permission to BEGIN!

The background of the image is a solid teal color with white, wavy, organic shapes that create a sense of movement and depth. These shapes are layered, with some appearing in the foreground and others receding into the background.

THANK YOU

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