



### ***5 Steps for Implementing Change In Your Life***

1. Clarify what you want to change in your life. For example, "I want to have more energy".
2. Determine what the outcome of such a change would be. For example, "more energy will allow me to be more productive at work."
3. Make a list of options that would bring about the desired change. For example, "in order to have more energy I could eat more vegetables, minimize my caffeine intake, incorporate an exercise routine."
4. From your list, choose at least one action that you will commit to incorporating on a daily basis. For example, "I will eat a salad every day at lunch, and walk for 20 minutes every evening."
5. Focusing on one day at a time, implement the chosen action(s).

Notice what shifts, and how the desired change becomes reality. Once the change feels like it has become engrained, re-evaluate what's working, what's not, and begin the process again as required. The ultimate objective is to have your life get to the place of feeling absolutely right in every way!

Happy changing!