



**Change Isn't Easy**

**BUT.....**

**It Is SIMPLE!!!**

## **Change isn't always easy, but what's really holding you back?**

We probably all know that making changes in our lives isn't always easy. I bet we can all think of lots of examples, of starting to make some changes and then slipping back into old habits, losing focus or getting distracted can't **YOU?**

Then we've got the negative committee in our head that also takes over and we begin to feel rubbish and think that something is **IMPOSSIBLE**, because we've tried before and **FAILED** or we feel that it's **TOO MUCH** for us and we feel overwhelmed.

Nobody likes to feel a failure, so we sometimes put off trying again, to avoid the pain of making a fool of ourselves and feeling embarrassed etc. We allow our FEAR to control our actions.. or lack of action!

As a result, we become stuck in our rut and the years roll by and our goals and dreams float by too. Maybe they're still there floating somewhere in our mind and yet just out of grasp, like a cloud floating through the sky. Maybe the cloud has completely dissipated and you can't even remember what the dream was...

**Yes, change isn't easy, but taking SIMPLE step by step actions, can shift you to a whole new place.**

The ***Brilliance Within Step by Step Guide to Changing Your Life***, has some great tips, tools and exercises, that really help move you forward to achieve your goals and dreams.

However, if the thought of working through those steps feels too much at the moment or you feel you simply haven't got the time or energy, this **SIMPLE guide** is aimed to give you a quick start boost, to re-fire your pilot light and re-connect with your goals and dreams, so that you're re-energised and ready to start taking the next steps to success...

Do you worry about aspects of your life? Do you feel like you're not quite living life to your full potential? We often worry about change and most of us fear making mistakes, which holds us back.

The good news is that it's simple (not necessarily easy), to work through a problem and develop a ***Solution Strategy***. **Here's how:**

**Answer some simple questions:**

**1. What's my problem?**

- a. Make a list of your top 3 problems
- b. Consider each problem you've listed and write down your worries and fears about each one
- c. Now flip it – for each worry or fear you've written down, write down what the opposite would be.

2. How will I feel when I achieve my 'flip it' outcome?

3. What could stop me achieving this outcome?

4. What am I prepared to do to achieve the outcome?

5. What do I need **to do** to achieve the outcome?

6. What do I need to **stop doing**, to achieve the outcome?

7. What action can I take today that would start moving me toward my outcome?

By answering these questions, we're giving conscious consideration to what's worrying us. Answering these simple questions honestly, highlights what we're prepared to do, compared to what we actually need to do.

I've worked through a personal example and you can see that I came up with a couple of things I initially thought I'm prepared to do and yet

when I thought about what I NEED to do, there were a lot more things that I'd not initially thought about.

This exercise highlights that sometimes, what we're prepared to do, isn't enough to make the difference and it's really useful to see the difference and open our minds up to the additional actions that are also possible for us to take.

At the end of the exercise, I definitely felt like I'd started to overcome some internal blocks that have been holding me back. I began to open my mind to possible solutions and recognised that these were all achievable and within my control.

Thinking about what will happen if I don't take action and the benefits I'll feel if I do, really does feel motivational. I feel much clearer about what actions I can take straight away, rather than just focussing on the problem and then feeling blocked and continuing to worry.

Example:

**Problem 1: I'm fat**

**Worries & Fears:** I'm worried that my diabetes won't stay in remission if I don't lose more weight; I fear getting other illnesses like heart disease; I'm worried I won't be around for my family or that I'll be a burden to them if my health deteriorates

**Flip it: I'm slim** and my diabetes remains in remission: I'm feeling really healthy; I'm enjoying spending quality time having fun with my family; I'm using my energy to help and support my family

**I feel:** Fabulous, fit and flirty at 50 (+7)! I'm proud of myself for keeping my diabetes in remission; I'm full of energy and I'm excited about the plans I've made for the future; I feel more confident; I love wearing my new glamorous clothes

**What would stop me becoming slim?** Not eating healthy low carbohydrate meals; Not exercising daily; My mindset; Slipping back into old habits; **Only me** – I'm in control of the solution and nobody else is stopping me.

**What am I prepared to do to become slim?** To lose 1 stone; To cut out dry roasted peanuts as a snack; To try some new low carb recipes; To continue the Brilliance Within 90 day habit changing challenge to exercise daily.

**What do I NEED to do to become slim?** To eat less and exercise more – increasing the daily exercise minimum from 5 minutes to 15 minutes. To set bike up to use as an indoor cycle for the winter months. Set weekly targets and review at the end of each week to keep myself on track.

**What do I need to STOP DOING to become slim?** Having the odd carbohydrate snack; Making excuses for myself; Being tempted to pick the odd chip off hubby's plate; Cut down on cheese;

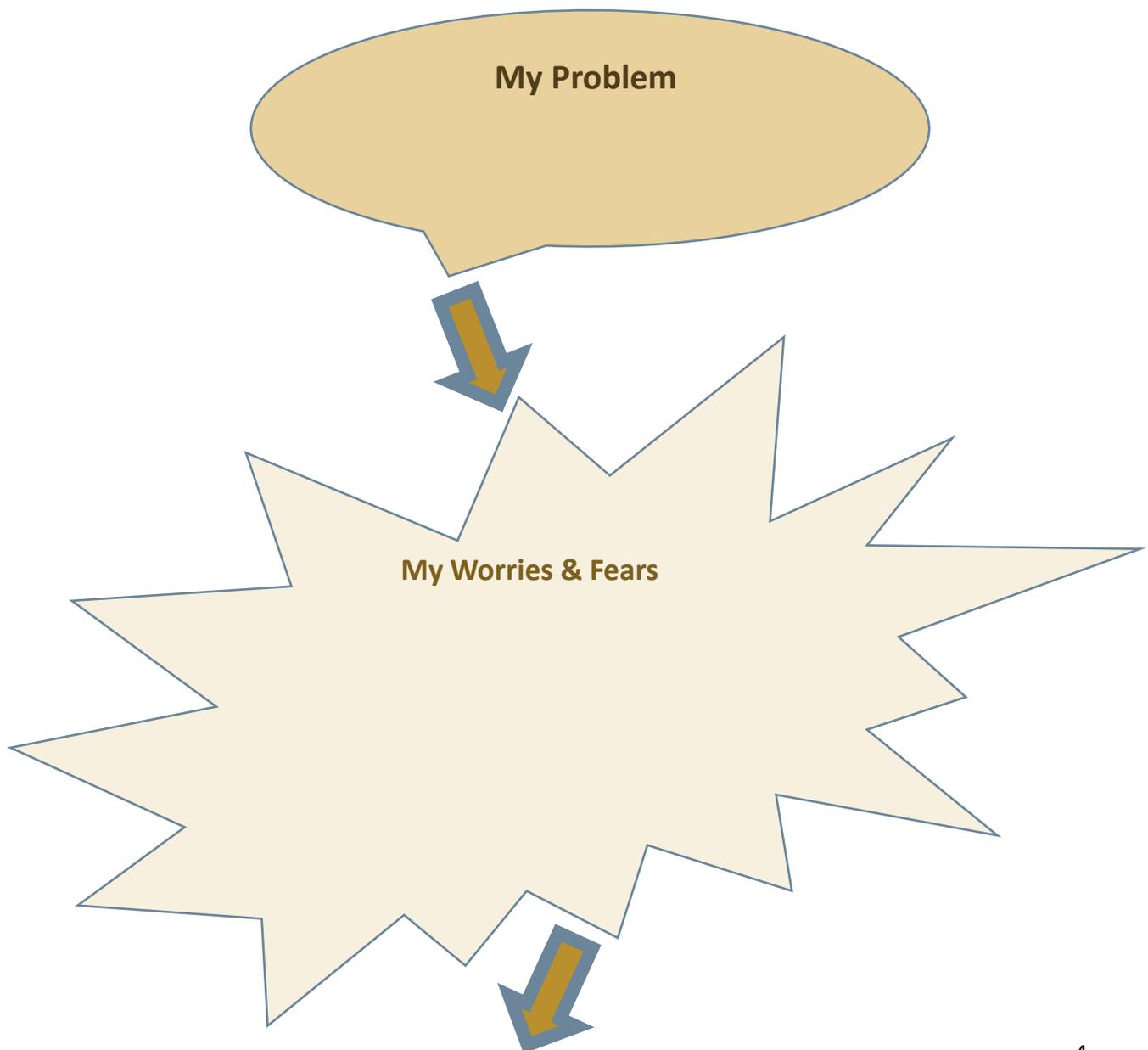
**What action can I take today to help me become slim?** Set up my indoor bike and exercise for 15 minutes.

Do you feel you're living up to your full potential or are your problems holding you back?

Did you know that one of the big differences between the majority of people who feel that they aren't living to their full potential and the minority of people who do, is how they deal with problems?

Some of us focus on the problem and all the fears and worries that accompany it, instead of focussing on the possible solutions.

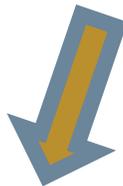
So now it's your turn to develop your Solution Strategy:



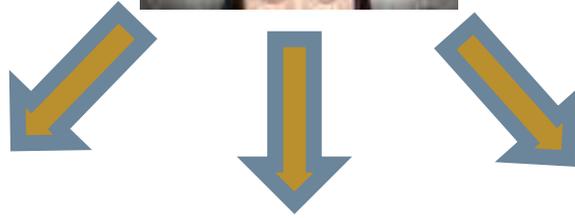
**My FLIP IT Outcome**



**I FEEL**



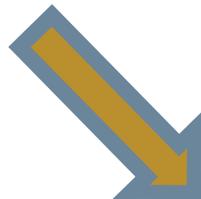
**What's  
stopping me?**



**What am I PREPARED to do?**

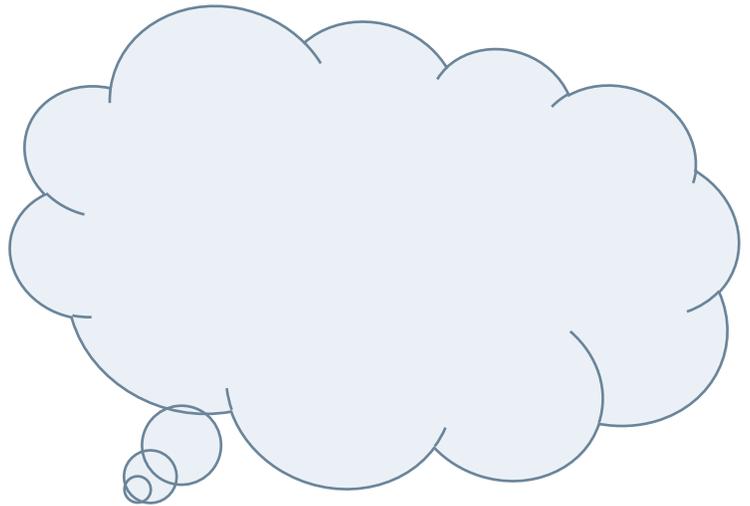
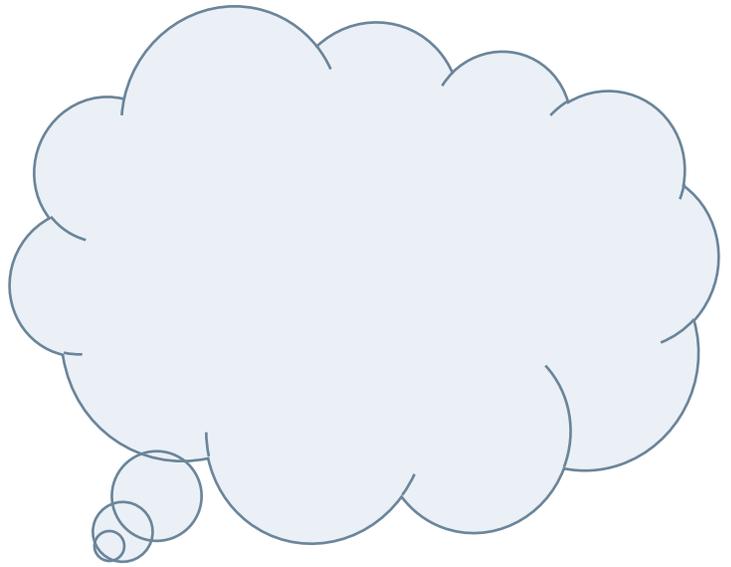
**What do I NEED to do?**

**What do I need to STOP doing?**





**What ACTION(s) Can I Take  
TODAY?**



## WHAT'S ON YOUR VISION BOARD?

It's YOUR TIME...

- Start dealing with your problems
  - Make some changes
- Start living your dream life TODAY!

