# **Making Your Change Happen**

Name: Date: Setting:

#### **Observe & Sense**

Take a comfortable seat, or jump around. Tune into your body and mind without trying to change anything

#### <u>Acknowledge</u>

Let emotions come and go with with gentle curiosity. Make notes if that's helpful. Now let that go, and begin breathing calm and slow

#### Let go and feel stable

With each exhale, release any tension: "It's progress NOT perfection." Feel the ground beneath you, stable and supportive. Begin to explore your change...

### **Get Ready To Focus**

- . Music or Quiet?
- · Phone On DND
- · A specific seat
- Review Previous Journal Notes
- · Scent ..



Book your free consultation



<u>Calendar</u>

# Imagine 2x Successful Scenarios and how they'll play out

Setting#1: time, location, people: Setting#2: time, location, people:

Events, Actions, Outcomes: Events, Actions, Outcomes:

#### Identify 2x Blockers Anticipate challenges and how you'll navigate them.

Blocker#1

Blocker#2

Solution: Solution:

#### ify Your Goal Stating 3 levels of achievement through SMART

|   | :ify: I will /<br>nit / do | Measurable<br>qty/freq/km | Achieveable & feasible?           | Relevant?                 | Timebound days / weeks |
|---|----------------------------|---------------------------|-----------------------------------|---------------------------|------------------------|
|   |                            | A*:<br>A:<br>B:           | it's essential to<br>be realistic | align with your intention | alministis is          |
| / | 立, 垂                       | =                         |                                   | (a) C                     | 7/11/14                |
|   | 3.5                        | 3                         |                                   | Vasa                      |                        |

### Intention: Which area do you want to explore/improve and why:

Tick: Food Mind Body Other: Name which element you'd like to change:

Why#1: For me, because...

Why#2: For (an)other/s, because...

#### Preparation, Planning, & Support

Choose actions that are enjoyable or at least not so triggering

1) I will prepare by

2) I will plan by

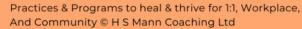
Support (books, individuals, groups, podcasts, journal..):



#### **Review & Reflection Date:**



## HMANN.COACH







Helping Businesses Retain Vibrant, Loyal, Productive Staff Save £-0,000s Through Work-based TLC

© H S Mann Coaching Ltd