

**PRACTICAL SELF-IMPROVEMENT**

**Session 5: Navigating change successfully**

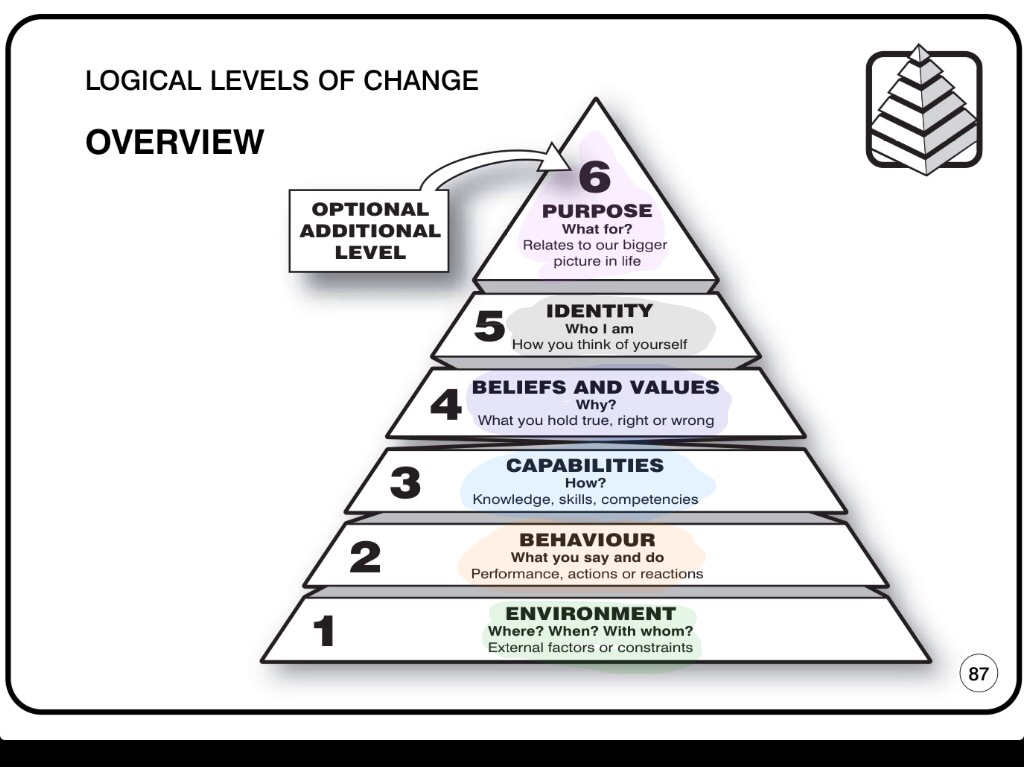
**Notes**: “Wow” moments (make a note of the things which make you “click”…ie “wow moments” eg. key ideas, thoughts or statements – you can then refer to them in future)

**Imagine you have the ability to time travel.** Go forward to a time where you ARE living your best life – you are doing everything you want to do, you are with the people you want to be with – remember last week’s workbook**:**

* What does it look like?
* What’s your house like?
* Who are you with?
* What are your doing? (What’s your morning routine?)
* If you are CLEAR on that (which if you did last week’s session, then you will be – and if you didn’t you can download the workbook from www.draudreyt.com (workbooks) – sub heading under consultancy. REMEMBER we need to be clear and focused on our goals – otherwise how will we know we’ve achieved? Yes, those goals can change, but always have a clear idea to focus on.
* NOW speak to your ideal self living your best life and ask them – what things did you do to get there?

**Write down some of those things – because THAT is where to start.**

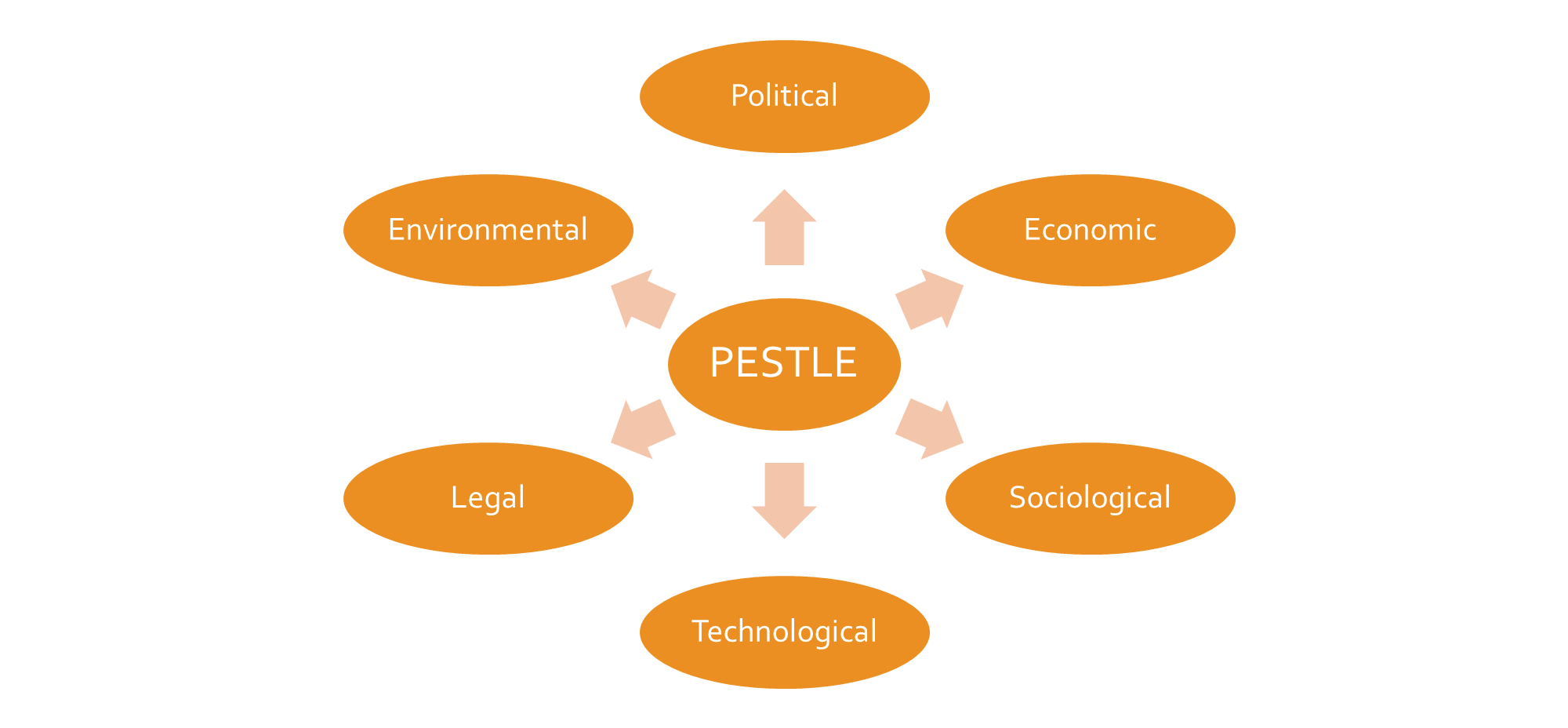
**The DILTS model of change**

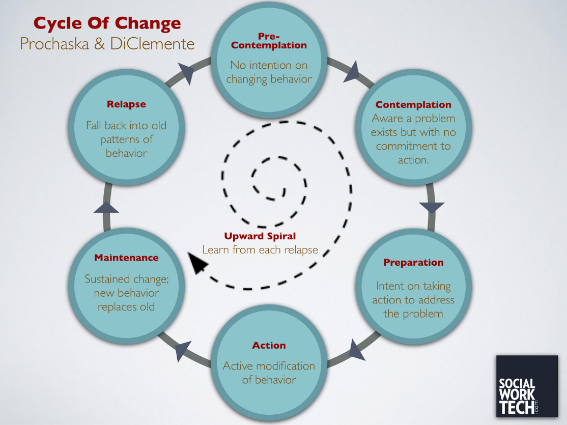
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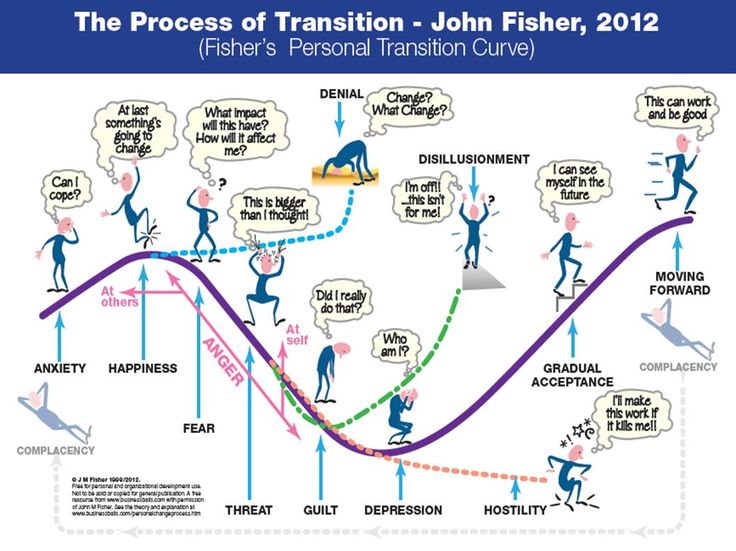
**Reflect on whether your coaching wheel tool worked for you**

What tweaks will you make?

**Change models:**







**Note down the “excuses” you use** – if you recognise them, it means you can do something about it

**For ANY goal - What is your WHY:**

**SMART targets:**

Specific

Measurable

Achievable

Realistic

Time-dependant

**What am I enjoying doing (without my friends)?**

**Quick self-help reminder:**

WHO I can call on for help

WHAT actions I CAN take which help you reach your goal

My WHY!