

6 Day Course - Lifting the lid on getting un stuck and living life all in

Welcome back

I hope you enjoyed the last Video's and the Live Zoom call

So Day 1 was all about the Past and how you got to be YOU and today is all about the present

Where we explore Who are you NOW

There are 6 days to this Course for a reason

Often when we make a change we are all geared up to making a change and then we loose momentum

This part is often where we dip and find it hard to maintain the changes we have made so buckle up and we will delve into the dips and why we have them by looking at

Video 1

Self sabotage - Our Mind monkeys and internal dialogue

Video 2

What's your number or where is your limit – where does it start to be uncomfortable?

Video 3

Awareness – who limit's you – Elephant Rope Life script

Video 4

Values and Beliefs – and what drives our behaviour

See you in the next video

Mind monkeys/internal dialogue White board

How making a change works

Moving from where we are now to where we want to be

Kubler Ross

Change curve

Self sabotage

Moving out of our life script can cause us to have a wobble

Rubber banding back

Our younger self wants everything to stay the same

It likes structure and security

Even though it's often NOT GOOD

It's Familiar and its comfortable

It knowing how to be in a NOT good place.

Knowing it will pass

Today is all about preparing you for the dips

Video 2

Be creative – Test the boundaries

What's your number – where does it start to be uncomfortable?

Depending on what change you want to make you might be surprised to know that there is a ceiling to what feels comfortable

Anxiety –

How far

How long we can be out

Who we can be with – how many people

Me doing lives in front of 10 people verses 100 people

So before tomorrow night's Live I would like you to explore what your number is

So that we can talk about it in the live

Video 3

Awareness – who limit's you – Elephant Rope

How our life script holds us back and the pitfalls

Self care – be compassionate

Tread water for a while

Stop and just face the right way, take a breather

Get support – facebook group

Video 4

Values and Beliefs – Driver behaviour White board

Be strong

Please others

Be Perfect

Hurry up

Try hard

These can play havoc when we want to make a change.

When we are stressed

Overwhelmed

Going through changes our driver behaviour gets pumped up

Take the quiz