

Transformation

- All behavior is belief driven.
- To implement real change you must schedule it.
- Champions push past the pain period.
- There are two mistakes along the way:
 1. Not starting
 2. Not going all the way.

5 Levels of Transformation

All 5 levels must be addressed to create a real change

5. **Identity**

“Who are you?”

“What labels have you placed on yourself?”

“Who do you want to be?”

4. **Beliefs and Values**

“Why is what you are working on important to you?”

“Which habits are supporting positive beliefs and values?”

“Which negative habits are destroying your beliefs and values?”

3. **Capacity**

“How are you going to get change to happen?”

“Change will not happen if you don't schedule it”

“Learning can be achieved with strategies and learning techniques”

“Challenge yourself everyday to learn or do something new.”

2. **Behavior**

“What do you want to change about yourself?”

“What new skill or talent do you want to add to yourself?”

“Which old unwanted behavior do you want to eliminate from yourself?”

1. **Environment**

“Organized clean environment?”

“Supportive friends and family?”

“Positive encouraging talk?”

