



**Savvy Self-Care Strategies for Busy People**

**Module 4**  
**Dealing with Change**




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### Module 3: Dealing with Change

- › Why talk about change?
- › We ARE on a change journey - empowering you to go forward
- › Comfort zone
- › Change and discomfort
- › Ways to make change easier
- › Happiness Techniques
- › Brief Revision
- › Questions

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### Brief Revision Module 1

- › Self-Care definitions
- › Keep four energy tanks full – serve others from overflow
- › Influence our own lives and others around us by our happiness - research
- › Vision for your life – ideal outcome - RAS
- › Values – compass – decisions easier

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## Brief Revision Module 2

- Top 10 reasons we resist self-care
- Discovered some of your own beliefs and self-care blueprints
- Elephant, Rider and Path
- Subconscious mind
- EFT – stress-relief tool




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## Brief Revision Module 3

- How to set boundaries that others can't help but respect
- 20 ways to say no with kindness
- How to use affirmations so they'll stick, with EFT
- Exciting exercises for happiness




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## Comfort Zone

- Very little effort – subconscious and “automatic”
- Stagnate
- No new experiences
- Little hope for changing anything
- Do the things we always do we'll keep getting the same results




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## Change




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## Why is Change so Uncomfortable?

- When we stop having the same thoughts, feelings, actions and reactions, it throws the body into a state of homeostatic imbalance.
- The internal chemical changes are uncomfortable – our body thinks it needs to get back to the previous state (how we USED to be/think).
- Read a full explanation in the Action Guide
- It will do everything in its power to get you to do the old things.
- "It just doesn't feel right. I'll stay the way I am."
- Expect that it will happen. It's normal.
- You don't have to obey.

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## The Stages of Change

Stage	Internal
Pre-contemplation	Others think I have a problem
Contemplation	Maybe I do? Concern - "loss" and "deprivation"
Preparation	Buy diet food/get mind right. Concern - "Will I fail?"
Action	Healthy food choices/ exercise/ apply for job / end a relationship
Maintenance/Relapse	More than 6 months. Long haul. Most of us cycle a few times through the stages - it's normal!
Termination	100% established in new habit

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## How To Make Change Easier

- › Be kind with yourself
- › Still expect the best of yourself
- › Be kind with those around you - it's scary for them when you change
- › Mind-set: There is no failure, only feedback
- › EFT for scary/uncomfortable bits
- › Keep your end result in mind – WHY you choose this discomfort for now
- › **Only stretch 20%** out of comfort zone:
  - Enough to start feeling "normal" after a while
  - Otherwise we get too anxious with less productivity

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## How To Motivate the Elephant

"Our brains are like Velcro to pain and Teflon to pleasure" – Rick Hansen

- Increase feelings of pleasure (> Teflon)
  - Affirmations
  - Visualisations, meditations
  - EFT Choices

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## Keep the Dream Alive

"How do we keep that dream alive with life happening around us? Life swallows one whole and pressure makes one give in or give up."

- › It's all about FEELINGS (motivate the Elephant)
- › It takes some discipline and creating new habits
- › Getting out of the comfy zone!
- › Need to know your "WHY" – what's it going to **do** for you?
- › Notice your "Self-Talk" and start telling yourself a different story
- › Book Recommendation link in Member's Area
- › Guided Meditation
- › Vision Board or Pinterest
- › Take small steps
- › Write a page on "A day in my ideal life" - read
- › 5 minutes end of day – imagine your vision




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## Strategies to Get your Energy Ready for a new Venture

**Example: Job Hunt – current job not good for you**

- › We take ourselves with us where ever we go!
- › Keep cleaning your energy about the old job with EFT
- › Make a list of the qualities, types of people and conditions you want in your new job
- › Meditate or visualise daily how you want the interview to go, how you want to feel when you find that ideal job
- › Use EFT to clear the roadblocks and fears -
  - "This kind of job doesn't exist"
  - "The economy is bad"
  - "I'm not good enough"
  - "I don't know where to begin"
- › Use great self-talk (examples in Members' Area)
- › I'm an infinite being and I can create anything I want




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## Module 4 Hot Tips for Self-Care

- › Keep your vision and dream alive
- › EFT tapping for any challenge and work through the roadblocks one by one
- › Remember change happens gradually
- › Keep your gratitude practice alive
- › Kind and patient with yourself




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## Action Steps

- › Stages of Change in Action Guide
- › Revise your dream – is it still the same?
- › Write "A day in my ideal life"
- › Print it out and read it every day for the next week
- › Tap while you read it
- › Get the "Self-Talk" book on Kindle
- › Continue with a regular self-care activity
- › Practice visualising your dream
- › Contact me for further support

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## Comments and Questions



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## Invitation

- Deeper dive
- Explore your own unique challenges



<http://savvyselfgrowth.com/strategy>

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## Savvy Self-Care Strategies for Busy People

### Module 4 Dealing with Change



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