CHAPTER 6 · MOVING INTO ACTION

My Personal Change Plan

Pick one change you want to make. Work through the six simple action steps from the book, one at a time, and write your answers below.

THE CHANGE I WANT TO MAKE

1 VISION

Create the vision of what you want so that your vision can replace your programmed belief.

WHAT I WANT, IN DETAIL:

2 MINDFULNESS

Be present and mindful of your thoughts as they occur and literally remove the old belief and replace it with the new vision at every opportunity.

THE OLD BELIEF I WILL CATCH:

THE NEW VISION I WILL REPLACE IT WITH:

3 FEELING

Feel the vision you created. Don't just picture it—feel it; the stronger the feeling, the better the vision.

HOW IT WILL FEEL WHEN I GET THERE:

4 PLAN

Make a plan to achieve this vision or outcome. Write it down and measure yourself against it.

	ACTION	WHEN	HOW I'LL MEASURE IT
1			
2			
3			
4			

5 ACCOUNTABILITY

Review your plan with a friend or family member and ask them to check in with you periodically to help with your accountability.

THE PERSON I WILL TELL:

HOW OFTEN THEY WILL CHECK IN:

6 KINDNESS

Be kind to yourself. We all need to take little breaks or have slippage in our plans. It's natural and even healthy as it reminds us of our commitments. Don't beat yourself up. Just get back on plan and don't worry about it. Remember we're all human.

THE BREAKS I WILL BUILD IN:

MY FIRST STEP, AND THE DATE I'LL TAKE IT

> *"Well begun is half done."*
> ARISTOTLE

IN PRACTICE: A SAMPLE ACTION PLAN

I Want to Be More Fit

The example from the book, to show what a finished plan can look like.

1. Create a vision in your mind or on paper of what you want to look like including your body, clothes, hair, etc.
2. When you have a thought that you can't become fit or exercising is too hard, you replace that thought with your vision of what it will be like to be fit.
3. Imagine the feeling of your new jeans two sizes smaller or being able to get up and run three miles any time you want.
4. Join a gym, block out the time during the day you're going to go, and develop a routine around it. This would also include changing your eating habits, etc.
5. Tell a supportive friend or family member what you're doing and ask if you can update them and have them ask you how it's going.
6. Build into your plan that every now and again it's okay to skip the gym so you can get some extra sleep or just go to the gym and read while you walk on the treadmill. The point is rest of all types is as important as activity. Don't be so rigid that you jump off the plan because of disappointment.

> *Once you see yourself overthinking and dropping into neutral, you need to act immediately... and do not look back!*
>
> CHRIS MASIELLO, CHANGE: SHORT & SIMPLE

The Change Intelligence Assessment
Retake it when your plan is underway: chrismasiello.com/change

Watch the Videos
Chris walks through every chapter, step and practice at chrismasiello.com/change