

7 step process OF CHANGE

So you want to improve your life?

It is common for people to take on new 'life improvement' goals, but not achieve them - and there are a number of reasons for this: it is nothing to do with willpower - more a lack of understanding about the process of change, and no structure or accountability to make it happen

Whenever we take on a new goal or set of goals, there is a process to follow to ensure we achieve them.

Where are you in this process?



STEP 1

Unhappy with one or more areas of your life

STEP 2

Change is a MUST

- what was the defining moment that change became a must?

STEP 3

What do you want and WHY?

STEP 4

Create a clear plan

STEP 5

Take committed action

STEP 6

CHALLENGES:

Relapse

Re-visit relevant step, eg. review goals and motivators, create a new plan etc.

STEP 6

CHALLENGES:

Overcome

STEP 7

SUCCESS

Why not work with a professional coach, like me!
Who can motivate and support you to follow this 7 step process - and get the results you want?



**OXY
THERAPY**

NUTRITION, COACHING, MASSAGE & FITNESS