



Ten Ways to Get Started with Your 1% Change

Give the 1% time to transform-like a drop of red dye daily in a water glass becomes a glass of red water. Who might you become, or what might happen if you stick with a simple 1% change?

Sometimes we are not always ready for the deep end of the pool. Do what serves you now, what you feel ready for and get the support you desire to move forward.

1. Complete your **Tolerations** List and get busy releasing energy by handling them. Thus allowing making room for more of what you want to come into your life.
2. Identify your **Joyful Life Vision** (Bullseye). Allow yourself to keep contemplating it-massaging it until it feels true. Read it weekly, if not daily and begin to notice how you will find new opportunities opening up in alignment with it that you never took note of before. Take action on those opportunities! You will also identify with ease that every choice that comes your way will either move you towards your Joyful Life Vision or away from it. Saying No gets easier because you are clearer on what to say yes to.
3. **Commit to 1-4 habits** that you know will significantly improve the quality of your life when you consistently follow through with them. Put them into the **Habit Checklist** to use as a tool to be honest with yourself and bring daily consciousness to them.
4. **Nightly Journal**-this is one of the most powerful tools I know to begin to alter your mindset to migrate towards the positives in life. And, as you look for them-set your radar to them, more show up. Write about what you are happy about, what you accomplished, what felt good about today-all the good vibrations you can think of. I even write about what my husband did if it made me feel good. Nice to throw in one from each person at the dinner table as a nightly ritual. My best experience, what I feel good about from today was/is.....
5. Begin a daily practise of **meditation**. Followed up with 1 or 2 positive affirmations while your mind is empty. Great way to set the tone for the day or end the day. Remember, meditation is great for relaxing, creating focus, combating anxiety, depression etc. Find out what the benefits will be for yourself through experiencing them!
6. Work through the **Clean Sweep** exercise. Get in touch with some potentially low hanging fruit to support the quality of your life and build a strong personal foundation.
7. Do the **Life Time Acknowledgments** exercise, followed up with one each year. Acknowledging what did happen each year helps set the stage for what didn't happen too which helps develop positive goals for the future. Greater details are on the exercise note sheets.
8. Dive into some great **inspirational books & movies**. Find what pieces speak to you at this time in your life and take action-try them out. Make a habit of reading, viewing them each week.
9. Seek out on an ongoing basis more **workshops & like minded people** to stay in the conversation of personal growth and keep the energy and learning alive.
10. **Consider working with a personal coach**. One on one coaching is very effective in person or over the phone. Supportive friends are a wonderful gift, yet they do not hold the objectivity,

distance and accountability of a coach. A coach listens and gives a different perspective given the emotional distance inherent in this professional relationship. Just talking about your options with someone who can listen without bias is often enough to have it all become very clear. You will reach for more, and achieve your goals faster and easier in the focused support structure of a coaching relationship much like with sports

Remember to give them an honest chance before you default to they don't work.

1% a day =30% effort in 30 days. It adds up fast!!