



## MYTH #3: CHANGE IS A PROCESS VERSUS CHANGE IS INSTANTANEOUS

Before coming to this program, what is one change that you've wanted to make – but you didn't/couldn't make because it was “a process” and it never happened?

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Describe what you think that “process” was?

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Now, what is the true “stop/ start” moment of that process? Be detailed, be specific.

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What other things have you changed in your life that you called a process, but which were, in reality, instantaneous? Be detailed. Be specific. (I want you to take your understanding beyond “intellectual.” Even in an **Old You** model, there were things that you made happen. Maybe it was early life, or maybe for a child. Everyone can find their times that things *did* happen for them.)

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Define those instant change moments now that you are viewing them differently.

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Journal on how you might carry this new knowledge forward to other “difficult change processes” that you have struggled with (and the more difficult the changes were – losing weight or procrastinating on a bad habit – you will feel your power growing!)

