

Exercise sheet for chapter 14: Distinguish between three phases of change

Reflect on everyday life: note down what you have done today or what you still plan to do. What habits and beliefs influence your actions? Unfreeze them by questioning why you follow these patterns. Where do they come from, and do they still make sense or are they just based on convenience? Identify beliefs that could hinder your success and develop concrete alternatives. Refreeze them by envisioning in detail how you will incorporate these new approaches into your daily life to reinforce more sustainable successful behaviors.

Reflect on recently started changes: Think about a change you have recently started. What "gray walls" (old habits or beliefs) have you discovered? What new "white paint" (new habits or beliefs) have you already put on the wall? Are you still in the phase where the old and new habits are merging? Think about what steps you still need to take to complete the change and make it the new normal.

Consciously question automated actions: Think about a situation in which you routinely act without consciously thinking about it, similar to driving a car. Which of your daily decisions could be controlled by your unconscious "autopilot"? Reflect on whether these automated actions are helpful or whether they may be hindering your success. Think about how you could intervene more consciously in these situations to make better decisions.

Becoming aware of thought patterns: Identify your thought patterns, especially those based on old beliefs, such as unquestioning loyalty to an employer. Reflect on whether these thought patterns are still conducive to your success today. Check which beliefs might need to be adjusted in today's dynamic working world to better prepare you for change.

If my team and I can help you, contact us for a free introductory call and find out what we can do for you:

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