

# 12 Steps to Create Change the 'Refreshing' Way

## 1. Self Awareness

Everything stems from self awareness. This isn't a skill you gain over night but over time it is the most powerful tool. Start by bringing attention to your behaviours, personality, communication style, thought process and emotions.

## 2. Know Your Values

Values aren't something we often talk about day to day but they help get to the root of who we are. We usually have between 3-5 values that are important to us but there will be 1 core value - your deal breaker - that drives your views, beliefs and decision making.

## 3. Getting into Alignment

The best way I can describe this is - is the thing you are doing making you feel good? Feel great? Our energy and emotions can be a big give away as to whether we are living in congruence with our values - our authentic self.

## 4. What Do You Desire, and Why?

Do you have desires, goals, dreams? Maybe you don't or maybe you do, but I would challenge you to ask yourself are they really my desires? Or are they things I think I should want? Things other people want for me?

What do you really want, and more importantly why do you want it?

## 5. What Is Stopping You?

We all have limiting beliefs - stories we tell ourselves.

'I am not good enough.'

'I can't do that.'

These are blocking you from going after what you truly desire. Some of these programmes are in your conscious mind and some are deep in your subconscious mind. We can overcome them but it takes a bit of work.

## 6. Set Yourself Up for Success?

It is not about changing who you are - instead it's about designing your lifestyle with the awareness of who you are. Understanding how you are motivated allows you to create the environment that is right for you.

\*p.s good news - you don't have to get up at 5am if that is not your thing!

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## 7. Trial and Error

'The Refreshing Change' is all about doing what is right for you [not what someone else thinks or wants you to do] and sometimes the only way we can figure that out is by trying lots of different things.

Embrace a trial and error mindset until you find practices, behaviours, habits that bring joy and feel good. You might need a little, or a lot, of patience too!

## 8. What If

We've all heard of a pros and cons list, right? But have you ever used it to weigh up your options regarding the change you want to make?

What if... I stay where I am?

What if... I make a change?

Change can feel scary and daunting but when we make the change that is right for you, resulting in more alignment and joy, then it is worth it.

## 9. Break it Down

Change isn't one action on a to do list that gets ticked off - it is a series of micro actions and tasks. A process of insight, implement and review. Think of it less like a hike up a big mountain and more like a staircase with lots of little steps.

## 10. Manage Your Expectations

Even when using The Refreshing Change Model, change isn't going to be plain sailing. Change can be messy, emotional, exhilarating - a rollercoaster. But like any good rollercoaster (so I am told!) once you ease into it you can enjoy the ride.

## 11. Sack Off Shame and Guilt

Change, like life, isn't a linear process so we have to approach it with self compassion - go gentle on yourself. There will be times where you maybe take a detour, your habits slip or you make a decision that doesn't serve your end goal - \*that is OK\*. Own the decisions and choices you made in that moment and by doing this it is easier to keep shame and guilt at bay.

## 12. Celebrate All Your Wins

Don't wait till the end to celebrate yourself. Celebrate all your wins - the big ones, the small ones, the insights gained, the action taken.