



The Top Five Ways To Easily Change Your Life

1. **Pick One Thing.** When inspiration hits and you're ready to make a change, it is very easy to fall into the "All-Or-Nothing" trap and be tempted to change everything at once. But rest assured; all of the parts of your life are interconnected, and a positive change in one area will automatically spill over and affect other areas too.
2. **Connect With Some Support.** Another common pitfall that can sabotage our good intentions is listening to the voice that says, "I have to do everything by myself." The next time you hear that voice ask yourself, "Is that *really* true?" Then change that story by making a list of all the people you know who would be happy to help support you as you make this change.
3. **Establish a System For Accountability.** What can you do to make sure that you will carry through on your plans? One way to combine support with accountability is to connect with another person who is also trying to make a change, and arrange to check in with each other on a regular basis to report your progress.
4. **Celebrate All Your Progress.** This step is one of my favorites. I love to check things off of lists, so if, for example, one of my goals is to write an article, then I will list every step involved ("get out paper", "sharpen pencils", etc.) in order to have the pleasure of checking them all off when they are completed. This gives me a tremendous feeling of encouragement and momentum throughout the entire course of the activity.
5. **Reward Yourself.** Come up with something exciting you can do for yourself once you've successfully made your change. If your goal is to lose weight, you could plan to buy yourself some new clothes. If you are sending some of your creative work out into the world, you could reward yourself with some fabulous new supplies you've been craving. It really doesn't matter what reward you decide on, only that it is extremely satisfying to you.