



# CHANGE CYCLE

SNAP OUT OF THE CYCLE



**Change Cycle** – *What stages do you recognise?*



## Change Cycle

### Identify What Stage You Are In

Look at the cycle of change graphic. Does it look and feel familiar?

For any given problem you face, identify what stage you are in.

Understand how the cycle works and decide how you can *'snap out'* of the cycle.

1. Raise your awareness when you experience a level of 'pain' and discomfort. Recognise the situation as an opportunity for 'change' and **snap out of the cycle**.
2. Be honest with yourself, evaluate your options and back your decision. Commit to change.

### Explore the Impact

*Can you see how this Change Cycle has impacted your life?*

- Are you ready for the cycle to stop?
- Have you experienced change amnesia before?
- Are you ready face your fears and explore self-honesty? (Being true to yourself)
- Even if it is hard, will you push through, because you are tired of being dissatisfied?
- Are you ready to take responsibility for your life and create the life you dream of having?

### Snap Out of The Cycle

*What will it mean for you to snap out of the change cycle?*

**Consider the following reasons you may have been allowing yourself to fall victim to this cycle:**

- You don't want to change.
- You don't know what you want.
- Your dream isn't big enough.
- You're letting your fear be bigger than you.
- You are attached to your problem.
- You're benefiting from your problem.