

If  
Change IS  
easy



What would YOU  
change?

Science has show us the *reality* about change  
and it surprises many people



# Changing change



Most of us were taught that change is slow,  
painful, or nearly impossible.

But science tell us a *different* story.



# What science shows

We **are** changing, because change is **essential** for our survival.

A new situation **changes** you.



We do in fact, live  
Changing Lives



# Your story matters



First of all ..

You are **not** a fixed character in a story you didn't write.

You're a living system, influencing moments, meanings, and the situations you move through.

You are changing the world (a little)

**and**

you are capable of creating a different story

# Your story is unfolding .. right now



When **you learn** new skills,  
new opportunities open up

This can give you new experiences, deeper  
conversations, fascinating choices, and real  
momentum that doesn't burn you out.

Improving your life is about  
improving your skills



# When someone doesn't want to change



Ever wondered why people “**grow apart**”?

Why “***what used to work***” no longer does?

**How** to solve it?

# First know this ..

Making science  
easy to use



- Every brain is **unique**
- Your **experiences** shape you
- You are wired for **connection**
- Behavior is **flexible**
- Your **brain** is changing
- **People** change
- You are a slightly “**new you**” every day

Links to the science [here](#)



# The answers



Ever wondered why people “grow apart”?  
Because we change in different directions  
at different speeds

Why “*what used to work*” no longer does?  
Simply because we change

How to change it?  
Learning helpful skills



# What do YOU want to change?



**15  
SOLUTIONS**

**MASTERING  
CHANGE**

**BETTER  
PSYCHOLOGY**