If

## Change IS



## 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 <u>here</u>

#### The answers



Ever wondered why people "grow apart"?

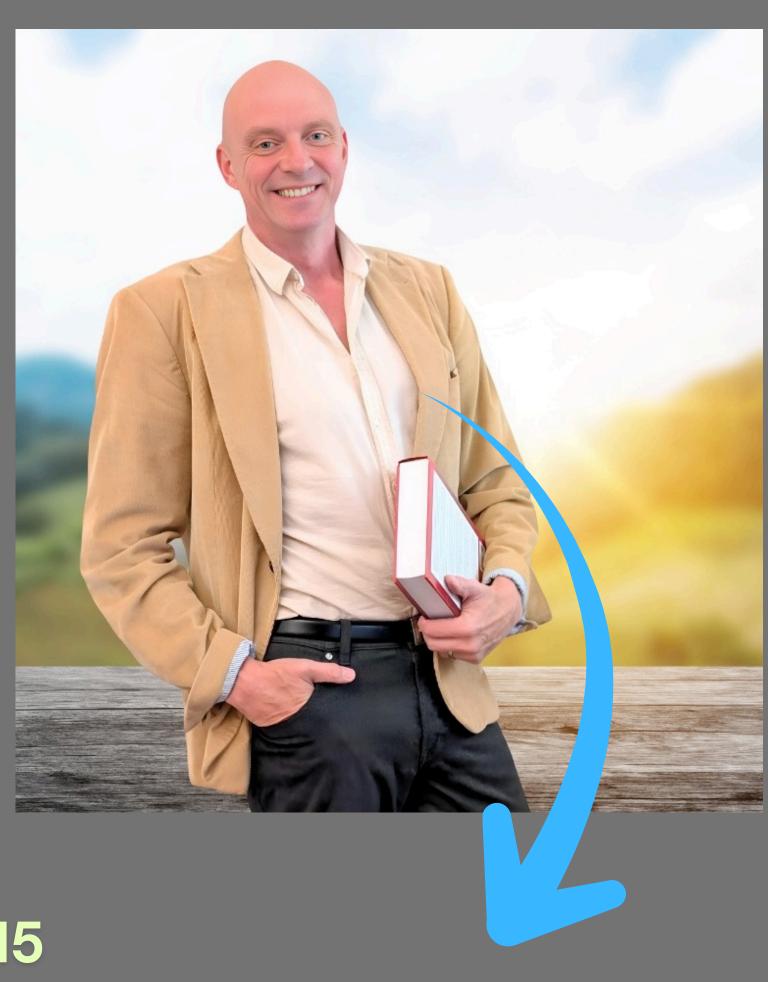
Because we change in different directions at different speeds

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