If Change is easy



The new science

Ever heard that "Change is hard"?



.. science tell us a different story.



What science shows

We **are** changing.

The **world** is changing.

A new situation changes you.



REFUSING to change is hard .. also on others



Have you ever wondered ..



Why people grow apart?

Why what used to work no longer does?

and **How** to solve it?

The Answers later in this document

You matter



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

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

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



Why people grow apart?

Because they change in different directions or at different speeds

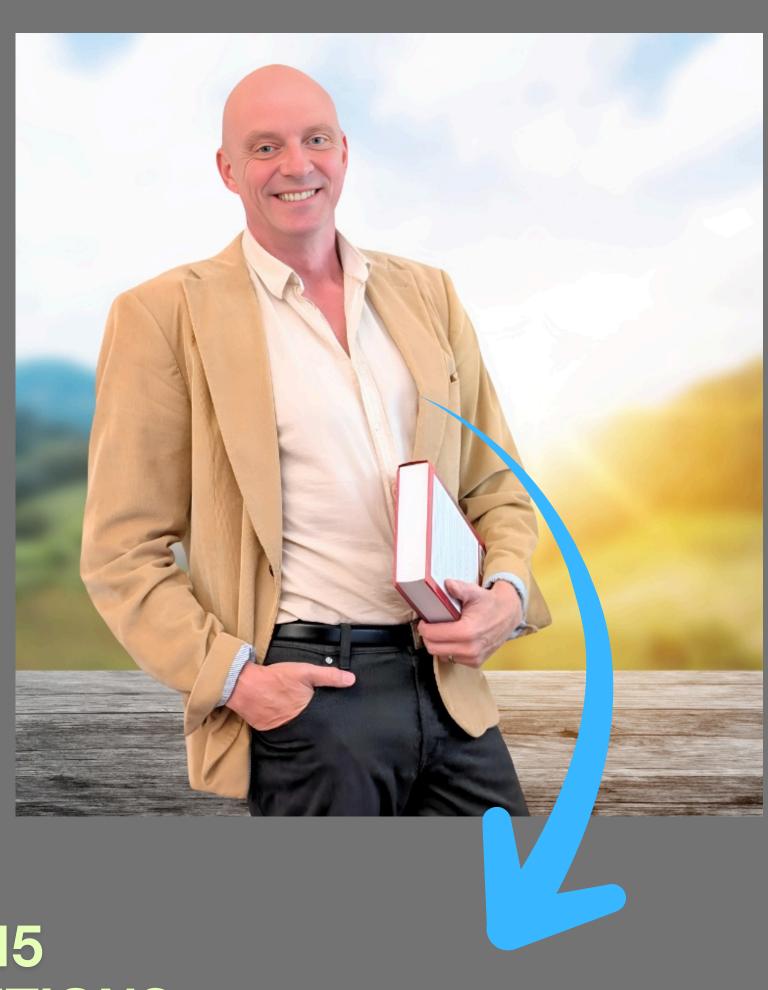
Why "what used to work" no longer does?

Because we change

How to change it?

Learning real solutions and new skills

What do YOU want to change?



15 SOLUTIONS

MASTERING CHANGE BETTER PSYCHOLOGY