

THE STRUCTURE OF CHANGE

NO MORE THAN ONE MAJOR CHANGE A MONTH



OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.

CHANGE TIMES OF ACTIVITIES

CHANGE PLACES OF ACTIVITIES

CHANGE THE PEOPLE THAT I SEE

CHANGE THE FOOD THAT I EAT

CHANGE A PERSONAL HABIT

CHANGE SOCIAL GROUPS

DO SOMETHING "NEW"

DO SOMETHING "OLD"

DO SOMETHING "ONE-TIME"

CHANGE A RITUAL

CHANGE A PASTIME