

# Lesson 3:

## Blueprint to True Change & Transformation

### 1. Reflect

- i. Look at your life, situation or circumstance.
- ii. Who are you? What are you doing? How do you react in a given situation? What consequences (good and bad) are you experiencing because of what you see yourself doing?

### 2. Accept & Love Yourself

- i. Live in today, your life is happening right now, this is who and how you are. Decide that you love yourself no matter what.

### 3. Take Ownership

- i. Be honest with yourself and take responsibility for all that you are doing and not doing (good and bad), and the effects your actions have on others and yourself (good and bad).

### 4. Identify Areas of Opportunity

- i. What actions are you currently doing that are not serving your greater good? What steps could you take today to change that?

### 5. Decide and Stick with It

- i. Make the decision to do the work and to make the change(s) you've listed. Draw up a contract or agreement so that you can hold yourself accountable for delivering on your goals.

### 6. Learn, Copy, Keep & Repeat

- i. Learn about the change that you want to make. Copy the behaviors of people that you admire, keep the behaviors that feel good to your soul and discard any that don't. Repeat until it's no longer a lesson and becomes second nature.
- ii. Be transparent about your past so that you can use your own struggles to break patterns that no longer serve you or your best interest.

### 7. Create a Goal Orientated Plan

- i. Come up with a plan that has goals where you can measure your outcome so that you can stay on track. Goals are not written in stone, review them daily and make adjustments as you go.
- ii. Reward yourself for achieving your goals along the way. Don't wait for the finish line to celebrate your achievements.

### 8. Do it, Achieve It & Be It

- i. Take actionable steps towards achieving your goals daily. Recognize behaviors that are in line with achieving your goals, make note and discontinue the actions that are taking you further away.

### 9. Forgive Yourself

- i. It takes 21 days to change a habit, so be patient and kind to yourself during your transformation. Change does not happen overnight, there will be setbacks along the way so forgive yourself and move forward. Show yourself magnificent self-love every day and reward yourself for even the smallest of accomplishments.

### 10. Reflect

- i. Look back at the day, situation or circumstance making note of where you started and how far you have come.