



## *Change Can Be Easy*

- **We can change what we believe**
  - About what is NOT in our power to change, so we let go of struggling to change something not in our control
    - The past
    - The future (although we can prepare for the future we want)
    - Other people (although we can express our wishes, and create consequences for their behavior)
  - About what we CAN do, so we are empowered to take actions that support a more fulfilling life
  - About ourselves
    - To believe that we are good enough
    - To accept our imperfections
  - About the motives of other people
    - Their reasons for what they do is usually not what we think it is – it is rarely about US
    - Their perspective is different
    - Their values are different
  
- **We can adjust our attitudes**
  - To become more of an optimist
  - To be more appreciative
    - Of what we have
    - Of the good in the world
    - Of beauty and grandeur
    - Of the present moment
  
- **We can become aware of our unconscious assumptions**
  - About the world
  - About ourselves
  - About the future
  
- **We can pay attention to the messages of our emotions**
  - They tell us when we need to take action
  - They help us identify the stories we tell ourselves in response to the events in our lives

*Our feelings are the result of the stories we tell ourselves. . .  
Change your story - change your feelings - change your life!*



## *Change Can Be Easy Continued*

- **We can change our behavior**
  - We can give our body what it needs to be happier
    - Deep breaths
    - Enough sleep
    - Healthy food
    - Exercise
    - Smile!
    - Meditation
    - Journaling
  - We can change the way we communicate with others
    - "If I ask for what I want, and accept what I receive, I will get what I need."
    - We can tell others what we appreciate about them
    - We can ask for what we want (without expecting to get it)
  - We can change our surroundings
    - We can add beauty to our lives
  - We can get out of situations that make us unhappy
    - We can stop being with people who bring us down, which may mean ending a relationship, or leaving a job
- **We can change our expectations**
  - If you expect everything to be perfect, you will be disappointed most of the time.
  - If you reduce your expectations, and look for the good in what you is happening, you will be happier
  - Imagining what could have been worse, and being grateful that didn't happen will help you enjoy your life more
  - We CAN change how we feel – if we change our
    - Beliefs
    - Assumptions
    - Expectations
    - Behavior

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