

The 5 STEP

Blueprint for Making Successful Change



YANI KELLY



It's time to take out the guesswork and learn the exact Formula to get the results you are looking for.



Become aware of a habit you want to or need to change.

It all starts with awareness. To get in touch with the root of the cause ask yourself/journal the following questions:

- What is the real issue?
- Why is this going on in your life?
- What does mean about you and what you believe?

Decide on a goal to resolve the issue.



Once you identify the root cause, decide how you would like things to be.

Set an intention for what you like to change,

Be very specific. Journal out details if that helps.

Make an action plan for the change process.

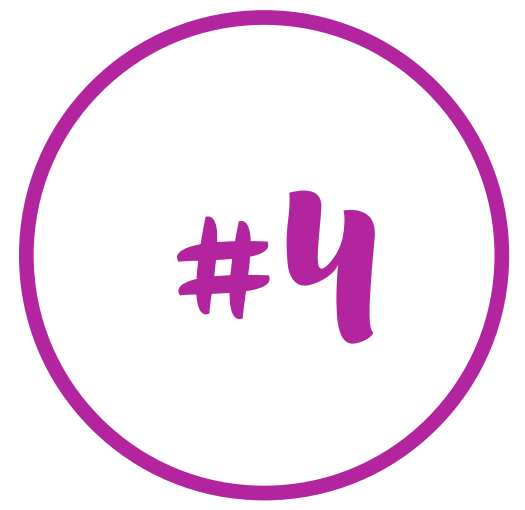
#3

Map out your change journey before you start.

Account for things like:

- What do you need to learn?
- Whom do you need to consult to help you with your goal?
- How will you handle potential obstacles?

Carry out your plan.



Get to making your intended change.
Take action every day towards the
attainment of this goal.

Keep working hard at it and make
changes to your plan as needed.

Be flexible in your approach but
consistent with your goal.

Practice makes progress.



After repeatedly doing what you intended, eventually it becomes automatic, and you can do it without thinking about it. You can even successfully teach others how to do it.

As long as you follow these five steps, then you can apply the process to anything you'd like to change.