

Process of Change

based on Find Your Power

- a toolkit for resilience and positive change (Chris Johnstone)

OPEN A FIST

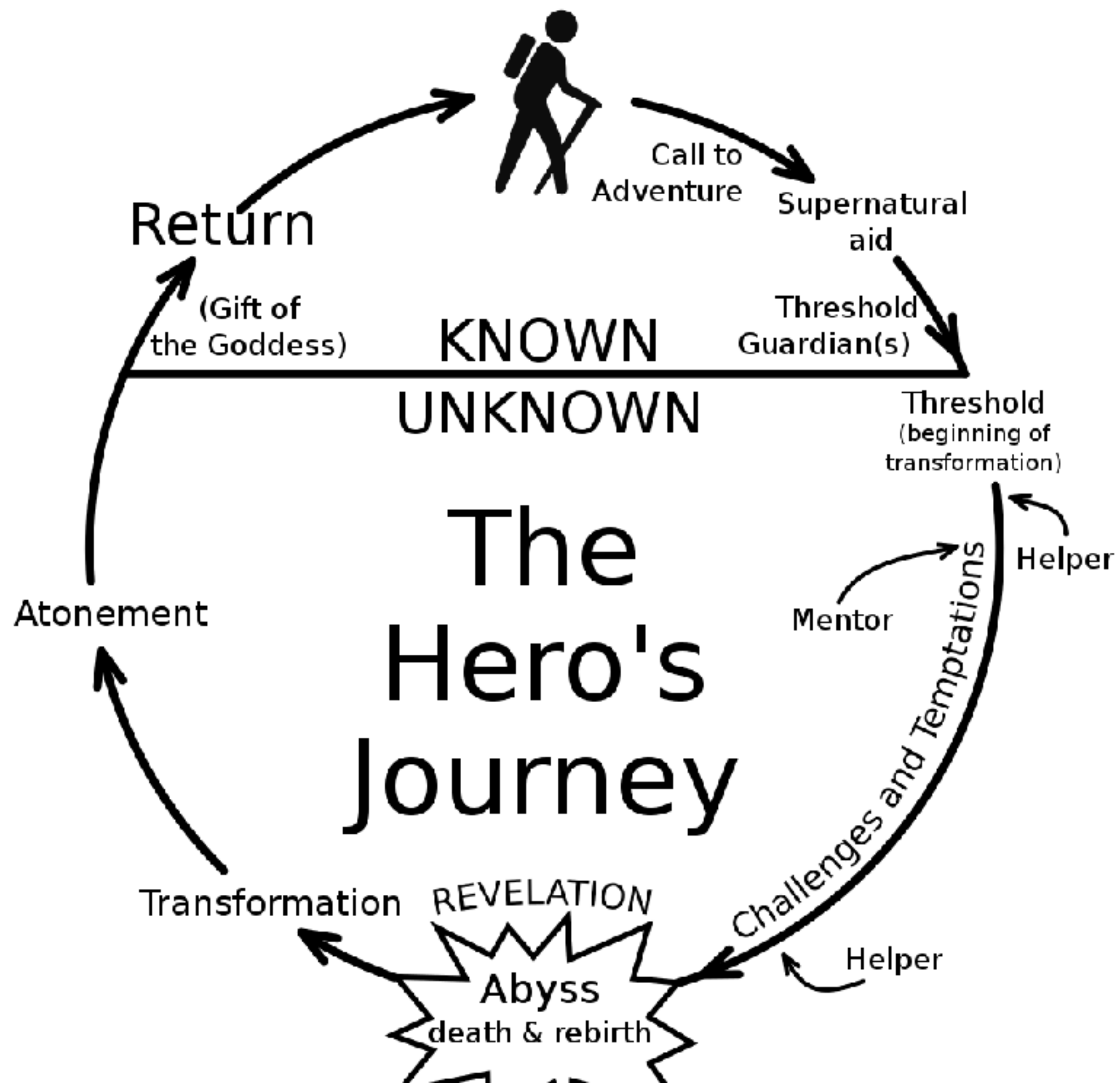


SHARE EXPERIENCE OF CHANGE



PREPARE POSTER TO VISUALISE THE PROCESS OF CHANGE







When you come to the edge,
resistance can express itself in
different ways.

Fear (heart
pounding, second
thoughts racing
through your mind)

Cynicism

Disbelief

Lack of
energy



If I wanted to sabotage myself,
how could I do that?



A scary fear of any journey is that you might
die on the way. But you can also die a little
every day if you avoid the adventure
you have here to live.



How to overcome obstacles?

**Recognize
your
resistance**

**Discuss with
your inner
voice (of fear,
cynicism,
disbelief, etc)**

**Prepare
yourself
(research,
mental
rehearsal)**

**Feel the
fear and
do it
anyway**

**Remind
yourself
WHY**

**Identify even
smaller steps
and take them**

**Find allies
(I can't,
we can)**

**Develop
frustration
tolerance**



The message of frustration is an exciting signal.
It means that your brain believes you could be doing
better than you currently are.

ANTHONY ROBBINS

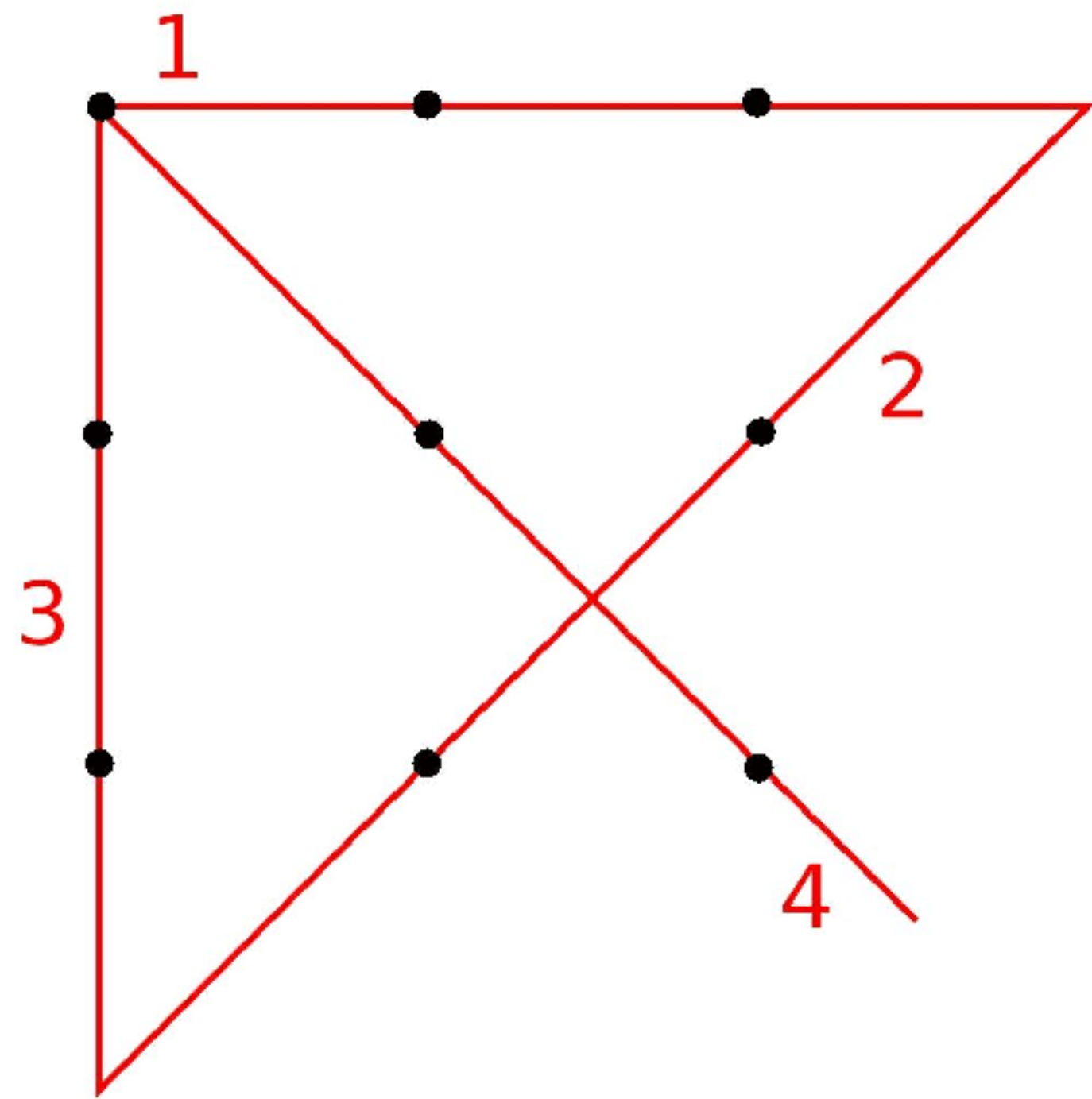


It's not that I'm so smart.
It's just that I stay with problems longer.

ALBERT EINSTEIN







**Think
outside
the box**

We look for answers with the frame, created by our assumptions and if we can't see a solution inside this space we tend to assume that there isn't one.

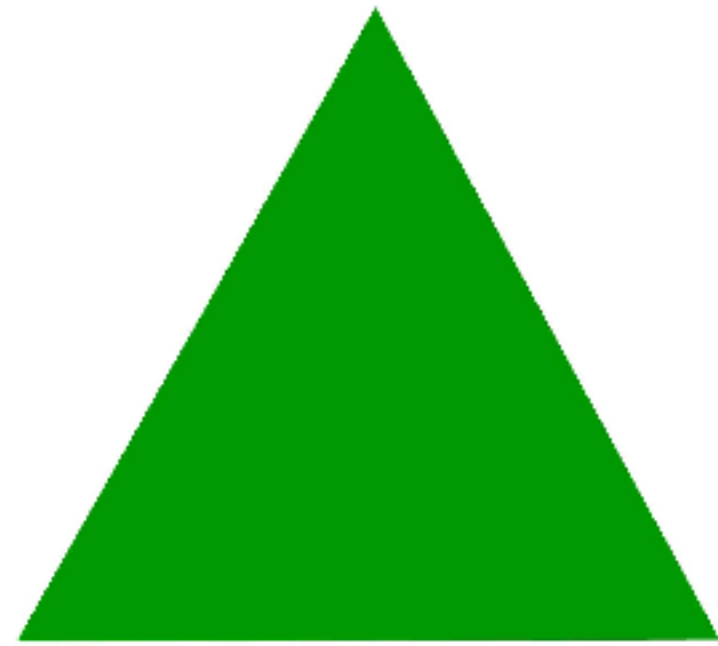
Sometimes it's our view of reality rather than reality itself that stops us finding a way forward.



What somebody else would do?

If you had as much courage, wisdom and determination as you would like, what could you do?

TRIANGLES



How wolves change rivers



https://www.youtube.com/watch?v=ysa5OBhXz-Q&ab_channel=SustainableHuman

