

THE
THREE THINGS
you need to know

TO CHANGE
YOUR LIFE

00

INTRODUCTION

You CAN change your life. You just need to understand three things about your own brain.

01

THE BRAIN IS PROGRAMMED TO NOTICE PROBLEMS

The brain is just doing its job. And that's 100% okay. Now what?

- The True Source of Problems Worksheet

02

IT'S NEVER THE ACTION; IT'S ALWAYS THE THOUGHT

Changing our action only leaves us exhausted and frustrated in our efforts to change.
So now what?

- The Power of Feelings Worksheet

03

THE BRAIN RESISTS CHANGE

There's nothing wrong with you. Your brain actually has a good reason for not wanting to change.
Now what?

- Obstacle Strategy Worksheet



► INTRODUCTION

I'm April Price. Two years ago, 35 pounds overweight, over \$40,000 in debt, disconnected in my relationships, and exhausted by my life—I did not believe that I could ever change and I did not think I could be happy. I had tried. But somehow I always ended up back where I started or maybe even further behind. I was miserable and on top of it I felt guilty and ashamed for being so unhappy. If you can relate, I want you to know that the way things are is not the way things have to stay. Real change is possible. In this course and accompanying workbook, I will tell you the three things you need to know to change your life forever. Happiness and satisfaction and connection are all possible, my friend...especially for you! You just need to start by knowing 3 important things.



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01

THE BRAIN IS PROGRAMMED FOR PROBLEMS

The thing to change is not you or your life. The thing to change is the way you think about yourself and your life.

When human brains evolved from primitive animal brains they were automatically programmed to look for danger. They are always on high alert for the problems in our environment and then they notify us when things have gone "wrong."



This is our primitive brain's job—it notices problems to protect us and keep us alive.



That means that you can stop feeling bad about feeling bad. We have so much judgement for our bad feelings. We tell ourselves we should be happy.



This never improves how we are feeling. It only compounds the problem and makes us feel worse. It gives us one more thing to beat ourselves up about.



Stop feeling bad about feeling bad. You're supposed to feel bad. Nothing has gone wrong.

▶ THE TRUE SOURCE OF PROBLEMS *Worksheet*

1. List all the problems you see in your life. What is it you want to change?

2. Pick one thing you want to change and list your current thoughts about that problem. For example, if you want to change your weight, what are your current thoughts about your weight?

THE PROBLEM

MY THOUGHTS

▶ THE TRUE SOURCE OF PROBLEMS *Worksheet*

3. Pick one thought off your list. When you think this thought, how do you feel? Pick one word to describe your feelings when you think this thought.

4. Amazingly, we only have feelings because of what we think. In other words your thought is creating this feeling for you. The problem itself isn't making you feel bad. Only your thought can make you feel the way you do. (Fill in your answers below.)

YOUR PROBLEM:

YOUR THOUGHT:

YOUR FEELING:

5. Now imagine for a moment that the problem is gone. Imagine you are at your ideal weight or your debt is \$0 or you have the loving relationship you want—whatever the problem is, pretend it is resolved. What would you be feeling if this was true?

I WOULD FEEL:

6. Whatever you think you will feel, you will feel because you will be thinking a new thought. Identify the thought you will be thinking when you make the change you want.

I WOULD BE THINKING:

7. Did you know you can think that thought any time you want? Even before you make a change or reach your goal? This is the first thing you need to do to create real change in your life. Find the thought you would be thinking if the problem was solved and then practice thinking that thought every day, even without any evidence. This is the beginning of real change in your life.

I WILL PRACTICE THINKING:



IT'S IS NEVER THE ACTION— IT'S ALWAYS THE THOUGHT

02

Okay, so we know that our brain is designed to find problems. But you might be thinking, "But, hey, I don't want all these problems. I don't want to stay stuck where I am—I want to learn and grow. I want to fix things. I want to be happy"

Often when we want to fix things we try to take action—we go on a diet, we set up a budget, we read books on how to manage our time or deal with difficult people or take an anger management course. We try to do all the things to change our lives.

And this works...for about a week.

And then we find ourselves right back where we started and then we tell ourselves that we can't change, that we are never going to change, and it's hopeless. We use all this evidence in our lives to prove to ourselves that we can't really change. Then we beat ourselves up, thinking that might help.

▶ The problem is not that we can't change...the problem is that we are trying to change by focusing on the ACTION. We can only create lasting change by changing the THOUGHTS behind any action we take.

I knew ALL THE THINGS TO DO. I had the knowledge, but I couldn't sustain the action and I made this mean that I was a flawed human being—that I was weak and undisciplined and bad.

▶ But the problem wasn't my personal flaws or my inability to sustain action. The problem was that no matter what action I was taking, I had *flawed thinking running in the background*, sabotaging all my efforts. Knowing this can change everything for you.



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► THE POWER OF FEELINGS

Worksheet

1. Using the problem, your main thought and your feeling from #4 on The True Source of Problem Worksheet, notice what kind of action the feeling produces. List your actions or inactions below.

For example, if my thought is "I'm bad with money" and my feeling is shame, what do I do when I'm feeling shame? I hide from the problem, I don't check my balances, I cover up my lack by buying more stuff, I try not to think about it so I don't look for solutions, I make unrealistic, punishing budgets, I berate myself.

MY ACTIONS OR INACTIONS:

2. Our feelings are the fuel that drives all our action. (If I'm fueled by shame, my actions won't get me the change I want—I just keep hiding.) Think about the change you want. What kind of fuel do you need to make this change? In other words, how will you need to feel to do the work required to make this change?

For example, in order to stick to a budget and get out of debt I will need to feel committed, capable, determined, or powerful. What will you need to feel to make the change you want?

I WILL NEED TO FEEL:

3. I want you to imagine what it would be like to feel this way and imagine that you already feel that way. If you felt that way, now what would your actions or inactions be?

MY NEW ACTIONS OR INACTIONS:

► THE POWER OF FEELINGS

Worksheet

4. In order to see the true power of your feelings, put these two scenarios side-by-side. (I have filled out an example below. Notice the difference your feelings make in your ability to change your life..)

PROBLEM: Credit card debt

THOUGHT: I'm bad with money

FEELING: Shame

ACTION: Hide from reality, don't look at my balances, accrue more debt, rebel against the budget, berate myself

RESULT: Things stay the same.

PROBLEM: Credit card debt

THOUGHT:

FEELING: Powerful

ACTION: Look at my money without judgement, see possibilities, make a plan, live in the budget I set, be proud of myself, trust myself

RESULT: Make the changes I want

vs.

PROBLEM:

THOUGHT:

FEELING:

ACTION:

RESULT:

PROBLEM:

THOUGHT:

FEELING:

ACTION:

RESULT:

vs.

5. In order to create the change you want, using the new feeling, you only have to come up with a believable thought that will produce that feeling. If I want to feel powerful, I need a believable thought that will make me feel powerful, like: "I'm in charge of my money and there's no one better to do it." Try a few thoughts on until you find the thought that you like best.

POSSIBLE NEW THOUGHTS THAT PRODUCE THE FEELING I WANT:

▶ THE BRAIN RESISTS CHANGE LIKE IT'S ITS JOB



The third really important thing to know when you are wanting to change your life is that your brain will always resist change. This is why we often find ourselves reverting to old patterns and behaviors after we have committed to change.

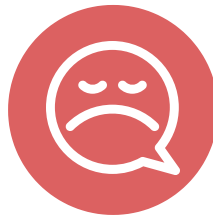
But I want you to know that every brain is programmed to work this way. It's not because you are weak or broken or undisciplined, it's just because you are human.

Our brains evolved from primitive animal brains motivated for survival. They are highly motivated by 3 things:



Seek Pleasure

Our brains are highly motivated by pleasure and the rush of dopamine that we get when we do things, like eat, have sex, etc.



Avoid Pain

In order to avoid physical harm, cold, discomfort or isolation which could lead to death, the brain evolved to avoid discomfort and pain.



Save Energy

The brain wants to save energy for life-threatening situations so it avoids activities that require energy and effort and does things like it always has.

► THE OBSTACLE STRATEGY

Worksheet

1. Our brains automatically resist change. They are programmed to seek pleasure, avoid pain, and conserve energy. Think about the change you would like to make. What are the excuses or objections your brain offers for not accomplishing this goal? Write them all down.

EXCUSES MY BRAIN OFFERS:

2. If your main excuse was on your headstone, what would it say?

3. List 5 reasons why this excuse is only a thought and not a truth.

1.

2.

3.

4

5.

► THE OBSTACLE STRATEGY

Worksheet

4. What would your future self (who has already made this change) tell you is the solution to your dream excuse?

5. Our brains love to offer excuses when we go to do something new. This is to be expected. To reach your goal, list the answering thought you will give your own brain to counteract the excuse. Prepare ahead of time for the objections your brain will offer you.

[illegible]

▶ ONE LAST THOUGHT

Many times, the only reason we want to change is so that we can feel differently. We think if we can change it will be easier to like ourselves or we can finally make ourselves "acceptable."

No amount of change will ever change our core feelings about ourselves. This can only happen when we think different thoughts about ourselves and learn to love ourselves and accept ourselves exactly as we are. That's right—as we are—not some changed, different, spiffed-up, improved, "better" version of ourselves.

There are not "better people." There are not even "better versions" of ourselves. Every person is 100% worthy and lovable exactly as they are. Especially you.

When we learn to love ourselves exactly as we are, then we don't have to be in a hurry to be different. We are motivated by excitement and love rather than desperation and self-loathing. And, as you know, the fuel driving your actions makes all the difference.

Change because it's fun to see what's possible in your life. Change because you want to. Change to have a different experience in your life and with the people you love. But never change to feel better about yourself. It will never work.

You are already 100% awesome.

For more help go to www.aprilpricecoaching.com and I'll take care of you.



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