



GOAL SESSION 9 RECONDITION YOURSELF

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Remember we only have the now moment.

What changes would you like to make in your now moment?

When you become aware of being caught up in something try and remember to **STOP**

S-Stop

T-Take a breath

O-Open to new choices

P-Proceed

It can take around 66 days to create a new habit.

We can create new habits, the subconscious mind loves habit and routine.

Being aware of habits, good or bad, can help you make appropriate changes. Awareness is key to creating positive change.

Changing perception to events or views and opinions can help. What is the other view point? Can I create a positive thought around a situation that I am currently finding negative, difficult, challenging?

STOP!

