

SHYFTID™

If you're here, you're ready for change in some area of your life. Or perhaps you're already dealing with change that came unexpectedly. For one reason or another, you want to get SHYFTID™. Getting SHYFTID™ is about moving, preferably with intention, away from or towards something.

Why do care about getting SHYFTID™? There is no one size fits all answer. However, I suspect you know. It may be the pain of staying the same, the regret of not taking the risk to change, the longing desire to be different in some way, the acknowledgment of change that has occurred or something else. Don't be quick to move past your why. You will need it to remind you along the way of your reason for getting SHYFTID™.

YOU CAN DO IT!

WHAT YOU CAN EXPECT

1. TO REVISIT YOUR PAST for reference, not regret. Owning our past is one of the most powerful gifts we can give ourselves. Ignoring it and/or not using it for reference could result in less progress.
2. TO TAKE A DEEP DIVE into the various areas of your life that need tending to. We are searching for all areas in need of change from mindset to finances, relationships to career, health to spirituality, and more. Sometimes the change we seek is not in obvious places.
3. TO SPEND SOME TIME considering your life and the necessary changes. Trust the process. Depending on how YOU move, this exercise may take you 30 minutes, it may take you a couple of hours. Don't rush. We're after sustainable change, not a momentary motivational moment.

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To begin, let's look back. Take a moment to read, ponder and answer the following questions.

Intended Change

1. Talk about a time you identified something you wanted to change and you did it. What was it and how did you do it? _____

2. Why did you want to make the change? _____

3. Did you face any obstacles in making the change? If so, what were they? _____

4. What outcomes did you get from the change? _____

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Unexpected Change

1. Talk about a time you experienced change that you didn't see coming? Everything is on the table. I.e. a way of thinking, diet, profession/career, relationship, confidence, paradigms, etc. _____

2. How did you feel about the change when it was happening? _____

3. Did your initial feelings change? If so, how did they change? _____

4. What positive shifts came from the change? _____

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Needed/Wanted but Avoided Change

1. Talk about a time you identified a change that you wanted or needed to be made, but you avoided it. _____

2. Why did you avoid or otherwise not make the change? _____

3. How do you believe you would benefit from making the change? _____

4. What negative impact are you experiencing or do you believe you will experience by not making the change? _____

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5. What other areas have you identified as needing change? In parenthesis next to each one, note the area of life that falls into. I.e. my job (career), relationship with my sister (family), thinking differently about people or certain groups of people (mindset) etc.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

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THE PLAN

Identify and rank your top 5 areas for change from above. List them individually below and answer the respective questions for each.

CHANGE 1 _____

1. Why have you identified this as an area for change? _____

2. What is keeping you from making the change? _____

3. What would motivate/inspire/push you to make the change? _____

4. What will happen if you don't make the change? _____

5. Are you ready to get SHYFTID™ in this area? _____

6. Name three things you will do, along with dates you will begin and deadlines for having it accomplished (you can adjust as you monitor; however, it's important to hold yourself accountable or have some else to do so).

A. _____

B. _____

C. _____

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CHANGE 2 _____

1. Why have you identified this as an area for change? _____

2. What is keeping you from making the change? _____

3. What would motivate/inspire/push you to make the change? _____

4. What will happen if you don't make the change? _____

5. Are you ready to get SHYFTID™ in this area? _____

6. Name three things you will do, along with dates you will begin and deadlines for having it accomplished (you can adjust as you monitor; however, it's important to hold yourself accountable or have some else to do so).
 - A. _____
 - B. _____
 - C. _____

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CHANGE 3

1. Why have you identified this as an area for change? _____

2. What is keeping you from making the change? _____

3. What would motivate/inspire/push you to make the change? _____

4. What will happen if you don't make the change? _____

5. Are you ready to get SHYFTIDTM in this area? _____

6. Name three things you will do, along with dates you will begin and deadlines for having it accomplished (you can adjust as you monitor; however, it's important to hold yourself accountable or have some else to do so).
 - A. _____
 - B. _____
 - C. _____

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CHANGE 4

1. Why have you identified this as an area for change? _____

2. What is keeping you from making the change? _____

3. What would motivate/inspire/push you to make the change? _____

4. What will happen if you don't make the change? _____

5. Are you ready to get SHYFTID™ in this area? _____

6. Name three things you will do, along with dates you will begin and deadlines for having it accomplished (you can adjust as you monitor; however, it's important to hold yourself accountable or have some else to do so).
 - A. _____
 - B. _____
 - C. _____

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CHANGE 5

1. Why have you identified this as an area for change? _____

2. What is keeping you from making the change? _____

3. What would motivate/inspire/push you to make the change? _____

4. What will happen if you don't make the change? _____

5. Are you ready to get SHYFTID™ in this area? _____

6. Name three things you will do, along with dates you will begin and deadlines for having it accomplished (you can adjust as you monitor; however, it's important to hold yourself accountable or have some else to do so).
 - A. _____
 - B. _____
 - C. _____

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WHAT NOW?

Record or print out this plan and keep it where you can reference it. Make it a priority.

Every time you make a change, write SHYFTID™ over the change goal.

Now, here comes the real work. You have to continue past this moment in order to get SHYFTID in the areas you prioritized. Here are a few ways to ensure success.

- 1. Bite off as much as you can chew.**
- 2. Decide how you will follow up (reminder in your phone, accountability partner, write it in your planner, sticky notes on your mirror, etc.)**
- 3. Set a time to follow up right now. Don't let "one day" become "no day", when you schedule a follow up today.**
- 4. Remind yourself often of the reasons you embarked on the change in the first place.**

The regret of having not changed can be scarier than risk of making the change. Wanting to get SHYFTID™ in some areas of life, but remaining the same can make time feel like a waste when we look in rearview mirror.

GET READY! GET SHYFTID™