

# The Creative Behavior Change System

## -Cheat Sheet-

### PURPOSE

The Creative Behavior Change System is a life-shaping tool that can be used to change any habit or behavior. Change can be difficult when going by willpower alone. It often becomes a struggle and failure is common.

The Creative Behavior Change System aims to make changing a habit or behavior easier by using our strengths (creativity) to overcome our weaknesses. The system becomes a powerful set of skills we can use to shape the rest of our lives.

### WHAT YOU'LL NEED

- ✓ Time to read the book and do the prep session (time will vary by person)
- ✓ Timer
- ✓ Pen
- ✓ Paper
- ✓ 3X5 index cards
- ✓ Headphones
- ✓ Playful attitude

### BASIC STEPS

1. Read the Creative Behavior Change 101 e-book.
2. Complete the Prep Session Action Guide.
3. Listen to the Pivot Point

Audio Experience on the start date of your new behavior.

4. Listen to the Daily Reinforcement audio, daily for at least 7 days.

5. Practice using your card deck (created in the Prep Session) for at least 7 days.

6. Apply your new behavior.

### PREP SESSION OUTLINE

- Plan to complete the Prep Session in a couple hours or less.
- Commit to a start date.
- Get clear about the behavior.
- Turn your pain into forward motion.
- Pick a new behavior.
- Identify your limiting beliefs.
- Choose new beliefs and create your new belief statements.
- Make your cards.
- Make a goal statement and a card for using your deck.
- Create your compelling vision.
- Set a S.M.A.R.T. and balanced goal and make a card.
- Create a trigger visualization and make a card.
- Celebrate your progress to this point!

- Schedule something to celebrate when you reach your goal!
- Visualize yourself succeeding.
- Consider finding an accountability and support buddy.
- Prepare for your one-time (30 minute) Pivot Point audio session.

### PIVOT POINT

- ✓ 2 Limiting beliefs
- ✓ 2 Opposite empowering beliefs
- ✓ 1 Compelling Vision

### POWER DECK

- ✓ 5 Belief statements
- ✓ 2 Goal statements
- ✓ 1 or more Trigger visualizations
- ✓ 1 Compelling vision (on a special paper)

### DAILY REINFORCEMENT

- ✓ 3 Affirmations
- ✓ 1 Compelling vision
- ✓ 1 Trigger visualization

### FURTHER ASSISTANCE

Even with the most thorough system and the best attitude, we all need a little help sometimes. If you get stuck you can email Jason for support at

[Jason@JasonWKeen.com](mailto:Jason@JasonWKeen.com)