*The EMPOWER System*

Shifting your mindset focuses on the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ changes.

Boosting your skill set focuses on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ behaviors.

E\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

M\_\_\_\_\_\_\_\_\_\_\_\_\_ Your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

P\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_

O\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Your \_\_\_\_\_\_\_\_\_\_\_\_

W\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

E\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

R\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ & \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Embracing Change*

Change is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_!

You have two \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ when facing change:

1. Be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_ your future
2. Be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and at the \_\_\_\_\_\_\_\_\_\_\_\_\_\_ of someone else's plan. And they're not thinking about you!

Your access to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: Choose your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

The key to getting \_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_ \_\_\_\_ is knowing where you \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_.

Successful people have a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for the future and specific \_\_\_\_\_\_\_\_\_\_\_ to get them there.

The purpose of this teleseminar series is to \_\_\_\_\_\_\_\_\_\_\_\_ this process and get you \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ about where you are and where you \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_ \_\_\_\_\_\_.

*The Problem with the Comfort Zone*

We all have an internal \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ that is set for what makes us feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Our brains are \_\_\_\_\_\_\_\_\_\_\_ to keep us \_\_\_\_\_\_\_\_\_\_. When we feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, our subconscious mind thinks we are \_\_\_\_\_\_\_\_\_\_\_\_\_\_ and does whatever is needed to get us \_\_\_\_\_\_\_\_\_ to safety!

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: Looking at something in a new way

Think of a picture hanging on the wall--a new \_\_\_\_\_\_\_\_\_\_\_\_\_ changes the picture, even though the picture itself didn't change.

Reframing "uncomfortable" to "\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_": creates a sense of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_!

\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_ \_\_\_\_\_\_! Practice moving into your "stretch zone" and remember that it is just unfamiliar and new, not uncomfortable and scary.

*Four Strategies for Handling Change*

1. Take 100% \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_!

* No more \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, etc.
* E + R = O:

E\_\_\_\_\_\_\_\_\_\_\_\_ + R\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ = O\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Shift your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

* We all make up \_\_\_\_\_\_\_\_\_ about \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Two people can be in the \_\_\_\_\_\_\_\_\_\_\_ same situation and have two different \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. They each put their own \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (their story) on what happened.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_
* Look for the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in the person or situation.

1. Take \_\_\_\_\_\_\_\_\_\_ of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ first.

* Take a look at what is \_\_\_\_\_\_\_\_\_\_\_\_ & \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Practice stress relieving techniques: \_\_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_.

1. Practice being \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

* Notice the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_.
* Ask for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. (On a scale of 1-10, how would you rate...?)