

“Be the Executive Change Strategist of Your Own Life!”

Pro-EFT Radio Show with Lindsay Kenny and Sylvia Becker-Hill 7/20/2011 handout:

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Pro EFT Radio handout with Sylvia Becker-Hill:



To get the best value out of listening to the show, please print this handout and have a pencil ready to fill in the blanks!

1. To be the Executive Change Strategist of your own life means:

- a) I am **committed** to be a change **champion** and not a change **victim**
- b) I take on **100% responsibility** for your own *experiences*.
- c) I constantly set **goals** for different **areas** in my life.
- d) I am **accountable** by measuring my **progress**
- e) I allow myself to create a **plan** and follow it through.
- f) I allow myself to learn from **mistakes** and adjust my **thoughts, emotions and actions**.
- g) Instead of blaming and **judging** yourself, you **love** and **respect** yourself.
- h) Focus on the **positive** the **fun** and the **progress**.
- i) I am committed to **grow** and **learn**.
- j) I choose to **celebrate** my results.

2. A few change management pearls of wisdom (about change management):

- a) Everything constantly **changes**. (include link to Marc Sotkin's blog)
- b) The Paradox of Change TM: Whatever you want to change, you have first to **acknowledge** it the way **it is**.
- c) Acknowledgement doesn't mean you have to **accept** it the way it is in the future. It means you label it as it is without **judgment**. This is: The Rumpelstiltskin Effect TM
- d) People don't **suffer** from not **knowing** what to do. They suffer from not **doing** what they know they should do.
- e) Often you **know** what you don't **know** What **blocks** you are the things you **don't know** that you **don't know**.
- f) For successful, lasting, efficient change you need: Brain Alignment TM. Brain Alignment means your **conscious** mind AND your **subconscious** mind are both working together to support you in **reaching** your goal.

3. Some pearls of wisdom about Your Brain:

- a) The brain is **plastic**, it changes **constantly** and can change itself till you **die**.
- b) The conscious mind is **dominated** by the **subconscious mind**.
- c) The **conscious** mind can process only a **few pieces** of information at a time.
- d) The sub-conscious mind remembers **everything**. It cannot distinguish between **past** and **future** and lives always in the **now**. It also cannot distinguish between **reality** and **imagination**. For the sub-conscious mind both are the same!
- e) **Will power** is a depletable resource and part of the conscious mind. When you are tired, stressed, hungry, sick... it gets depleted even **faster**.

4. The Iceberg Change Model™:

The Iceberg Change Model™

The diagram shows an iceberg with a small tip above the water surface and a much larger, submerged portion. The tip is divided into five numbered sections (1-5) with empty boxes for labels. The submerged portion is divided into seven numbered sections (6-11) with empty boxes for labels. The numbers are: 1 (top right tip), 2 (top left tip), 3 (middle left tip), 4 (bottom left tip), 5 (middle right tip), 6 (top left submerged), 7 (top right submerged), 8 (middle left submerged), 9 (middle right submerged), 10 (center submerged), 11 (bottom right submerged).

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Iceberg Model

Conscious Mind

- 1) Goals
- 2) Plans
- 3) Measurements
- 4) Strategy
- 5) Actions

Subconscious

- 1) Basic identity beliefs (feeling unwanted, unloved)
- 2) Sense of self-worth (deservedness)
- 3) Fears of failure and success (may become a target)
- 4) Loyalty to parents (not ok to succeed if they didn't)
- 5) Protection pattern (staying small or in comfort zone)
- 6) Need for belonging (strong social connection)
- 7) Assumption and Projection (if this, then...) i.e. limiting beliefs
- 8) Cultural paradigms (phrases or words we take as truth)
- 9) Individual paradigms (you create your own boxes with limiting beliefs)
- 10) Specific beliefs (your interpretation to individual events)
- 11) Subconscious habits (eat while watching TV, smoke after sex, etc.)
Two boxes just under the conscious – gateways from the subconscious to consciousness
- 12) Emotions and Intuition (language of the subconscious mind)

5. The insights we want you to take out of this class and remember deeply are:

- a) Change starts with acknowledging your starting point.
- b) Brain Alignment™ is the most powerful creative force inside your own brain and Pro EFT is THE TOOL to achieve it.
- c) You can change in deeper and more meaningful ways than you have ever imagined!

You can get Sylvia's free ebook "Resolutions that stick" in which she summarizes all her change management pearls of wisdom from more than 15 years as an executive coach. Simply signing up for her newsletter here: www.sylviabeckerhill.com/freebooks

If you like to get inspiration about what's possible in your life follow Sylvia's new blog on Facebook: <http://www.facebook.com/ItsPossiblebySylviaBeckerHill> by clicking on the 'like' button.