

# PERCEPTION STUDIOS

*it's what you think*

## Get Started!

*a Change Artistry  
group coaching program*

with Shannon Wilkinson  
life coach | change artist | summit seeker

### Transfer Ease and Effectiveness (using strategies)

#### **Your days are a succession of strategies.**

Some strategies are conscious — you're aware of them — others are unconscious. And of course, some strategies are more effective than others.

Once you recognize the situation where your strategies aren't working for you, and make them conscious, you can change them. Transferring the qualities of your effective strategies to the contexts where you tend to struggle, is a simple way to make this kind of change.

#### **Discovering your strategies.**

Whether your strategies are conscious or unconscious they have four essential components:

1. **End Result**
2. **Analysis**
3. **Starting & Steps**
4. **Edit & Remedy**

#### **The four steps:**

1. **End Result.** What do you want? For what purpose? How will you be feeling when you have it?
2. **Analysis.** How will you know you've achieved your desired end result? What evidence or criteria do you use? How do you know if it's acceptable? What do you see, hear, feel?
3. **Starting & Steps.** How do you know when to get started? How do you get started? How do you get inspired, and continue to motivate yourself? What steps do you take? How do you actually do it?
4. **Edit & Remedy.** How do you know if you've gotten off-track? What do you do when you're off-track? How do you remedy "mistakes"? How do you re-start?

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## First, explore the strategy you've been using with your project.

As you're answering the questions, put yourself back in a time when you were actually doing it (or trying to get yourself to do it). Pay special attention to your self-talk as you explore each step. To get the best results be sure to write down how you *really* do it, not how you think you should, or wish you did! (Even if it sounds awful.)

1. **End Result.** What do you want? For what purpose? How will you be feeling when you have it?

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2. **Analysis.** How will you know you've achieved your desired end result? What evidence or criteria do you use? How do you know if it's acceptable? What do you see, hear, feel?

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3. **Starting & Steps.** How do you know when to get started? How do you get started? How do you get inspired, and continue to motivate yourself? What steps do you take? How do you actually do it?

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4. **Edit & Remedy.** How do you know if you've gotten off-track? What do you do when you're off-track? How do you remedy "mistakes"? How do you re-start?

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**Now, explore the pattern for something you do easily or automatically.**

It could be something meaningful, such as a regular habit of writing or meditating. It could be something like staying in touch with friends and family or something simpler, such as making your bed or tying your shoes.

Choose at least one thing you already find easy, and uncover the four steps for you:

**1. End Result.** What do you want? For what purpose? How will you be feeling when you have it?

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**2. Analysis.** How will you know you've achieved your desired end result? What evidence or criteria do you use? How do you know if it's acceptable? What do you see, hear, feel?

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**3. Starting & Steps.** How do you know when to get started? How do you get started? How do you get inspired, and continue to motivate yourself? What steps do you take? How do you actually do it?

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**4. Edit & Remedy.** How do you know if you've gotten off-track? What do you do when you're off-track? How do you remedy "mistakes"? How do you re-start?

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## **Now, make the transfer.**

How many of the elements of the easy/automatic strategy can you transfer to the context where you were struggling?

Take it step-by-step and imagine you're doing your project using the strategy of the second thing.

What do you notice? How does it feel when you use a more streamlined or automatic strategy?

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## **Extra Fun.**

Know someone who excels at your project or something similar, who finds it easy and does it automatically? Interview them to discover their strategy, and see if you can apply their strategy to yourself.

You can still do this even if you don't know someone to interview. You can simply imagine the strategy of a real or made-up person who is really successful at doing your project.

I urge you to give this extra option a try. The insights you gain from simply imagining how someone else would do it can be very enlightening!

*Let us know how this goes for you. Share your experiences, ask questions or get coached on our [group page on Facebook](#).*

*Thanks for being a Change Artist  
and getting started!*