

PERCEPTION STUDIOS

it's what you think

Get Started!

*a Change Artistry
group coaching program*

with Shannon Wilkinson
life coach | change artist

Class 1

Setting yourself up for success.

Start by bringing in the qualities that will support you as we embark on this adventure. How would you like to feel? Open, curious, excited, confident, safe, gentle...

Become aware of your beliefs.

This is something you'll be doing throughout the class as we go through the other exercises. Jot down any beliefs, values, habits or patterns that you become conscious of, and use the Belief Change process worksheet to shift them.

What's your purpose, the big picture?

Getting really clear about your purpose for getting started on your project will set the stage for moving forward.

What's the benefit for you? What will it be like for you when you are working on your project? (Look for the "towards" motivation, what you want, as opposed to the "away from" motivation of what you don't want.)

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Get Specific

What's your dream activity level with this project? Is there something that you're drawn to, but are a little scared to even admit it? Remember, you don't have to know how to get there, or even believe that it's possible, right now.

What skills and abilities does this level of activity require? What do you already have? What do you need?

Swing to the other end of the spectrum. What's one tiny thing that is more than you're doing now, moves you in the direction you want to go AND is ridiculously easy?

Note beliefs, values and habits here:
