

# The Process of Change

I took some time out from my 40<sup>th</sup> Birthday holiday exploring the vibrant city of Marrakech to talk about the Process of Change.

This short video is an introduction to some upcoming content that I hope will really help you guys (by the way Marrakech is very vibrant city and finding anywhere peaceful was difficult ☺)

## Main Video Summary Points

### **Mindset**

- Remove limiting beliefs
- Install New Positive beliefs

I will be sharing some Psychological techniques for change on my blog to help you with these soon

### **Vision**

- Decide what you **do** want
- State it in the positive
- Decide upon a date for completion
- Build a full sensory rich experience:
  - a) Fully associated sensory experience
  - b) Disassociated image of how you will look

More on the actual how to do this coming soon to my blog

### **Action**

- You actually need to take action, obviously.

Psychological techniques for change, Hypnosis, action steps, motivation and more...