



**Woman**

# GUIDE TO CHANGE IMPLEMENTATION PLAN

**Directions:**

Use the commitment goal from the 7 day challenge to complete the plan. The goal of this plan is to overturn your Big Assumption. Right now, it is running on auto-pilot and keeping you from reaching your goal. This process is designed for you to become an EXPERT on YOU! By the end, you will know what gets you "stuck" and how to get "unstuck". Follow each activity in sequence and do it all.

	ACTIVITY	TIME	REFLECTION QUESTIONS
<b>WEEK 1-2</b>	<p><b>Track Fears &amp; Behaviors</b></p> <p>At the end of the day, reflect on your day. Identify the behaviors that you did/did not do that went against your improvement goal. Connect each behavior to the fear that you believe it triggered.</p>	<p><b>2 weeks</b></p> <p>Have at least 7 examples by the end of two weeks.</p>	<p>Where did the fears originate?</p> <p>How do your fears trigger these behaviors?</p> <p>What is the impact of the behaviors on your of life?</p>
<b>WEEK 3-4</b>	<p><b>Track the Big Assumption's Impact</b></p> <p>Pay attention to how your Big Assumption (BA) drives your behaviors. How does the BA cause you to behave in ways that sabotage your goal? At night, record the times that your BA triggered your behaviors.</p>	<p><b>2 weeks</b></p> <p>Have at least 7 examples by the end of two weeks.</p>	<p>How did the context trigger your BA?</p> <p>How did the BA cause you to act against your goal?</p> <p>How did the BA negatively impact you?</p>
<b>WEEK 5-7</b>	<p><b>Overturn the Big Assumption</b></p> <p>You are going to pay attention to when you behave in ways that support your goal. What about the context (ppl, thoughts, feelings etc.) allowed your commitment goal and behaviors to override your BA?</p>	<p><b>3 weeks</b></p> <p>Have at least 14 examples by the end of two weeks.</p>	<p>What self-talk, behaviors, mindsets, did you use to override your BA?</p> <p>What about this context proved your BA to be untrue?</p>
<b>WEEK 8</b>	<p><b>Taking Stock &amp; Staying FREE</b></p> <p>Take time to reflect over the past 8 weeks.</p> <p>1) What have you learned about your BA?</p> <p>2) What situations, ppl, fears activate/inactivate your BA? Who, what, where, when, why?</p>	<p><b>1 week</b></p> <p>Reflect every night for 7 days</p>	<p>What sucks you back into your old fears &amp; behaviors?</p> <p>What releases (self-talk, behaviors, mindsets) have you developed?</p> <p>When is your BA true/ not true?</p>

**Final Thoughts:** The data from the "Taking Stock" becomes your resource for staying "free" of the BA. Now, you know what (behaviors, mindsets, and fears) and the contexts that keep you from your goal. You also know when your BA is true and when it is not. Most importantly, you know how to intervene (releases) to get back on track.

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