

Tools, Strategies, & Practices for Lasting Change!

Cindy Pavell, M.S.



PUTTING IT
ALL TOGETHER
8 FOUNDATIONS FOR LASTING CHANGE!

Lasting Behavior Change?



Are you the person who has tried, and who has succeeded for a time, to make positive changes for the betterment of yourself and your life?



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8 FOUNDATIONS FOR LASTING CHANGE!

Get in	Get in shape
Lose	Lose weight
Smoking	Stop smoking
Eat	Eat healthier foods
Procrastinating	Stop procrastinating
Exercise	Exercise regularly
Time on	Less time on electronics

But then....



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Hard Truth...

The person you are right now will not make the changes you want to make; if that were true you would have done it by now.

Pain vs. Gain

PAIN



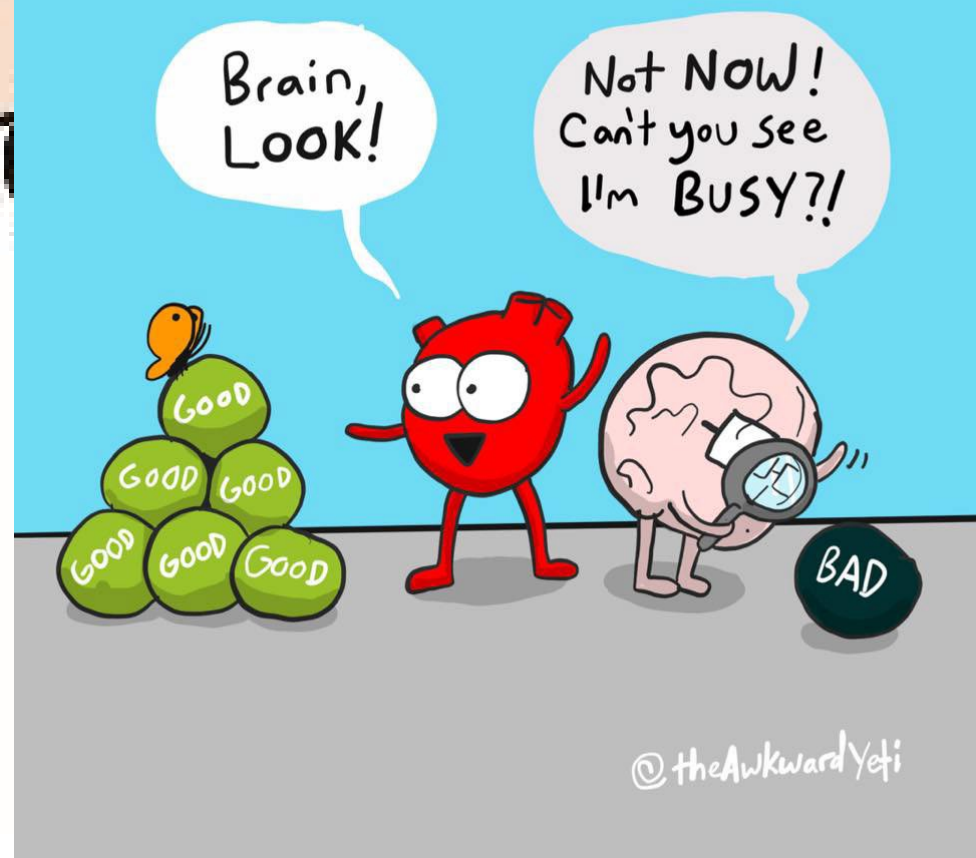
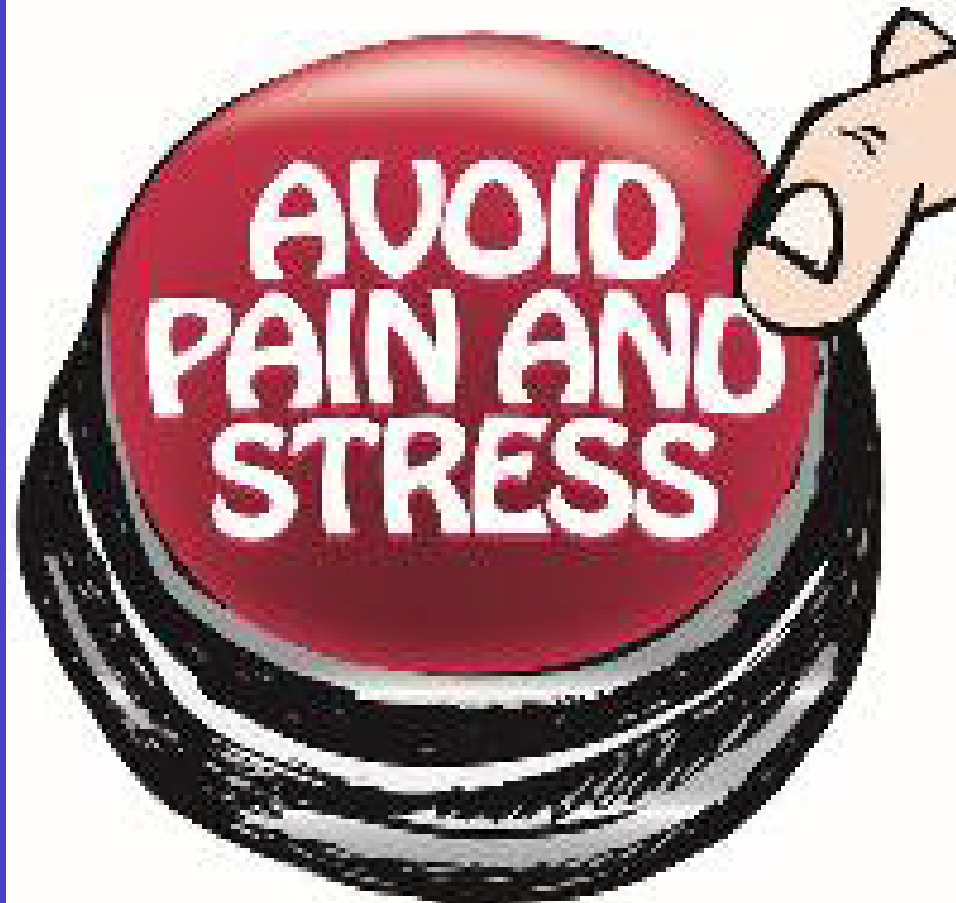
GAIN



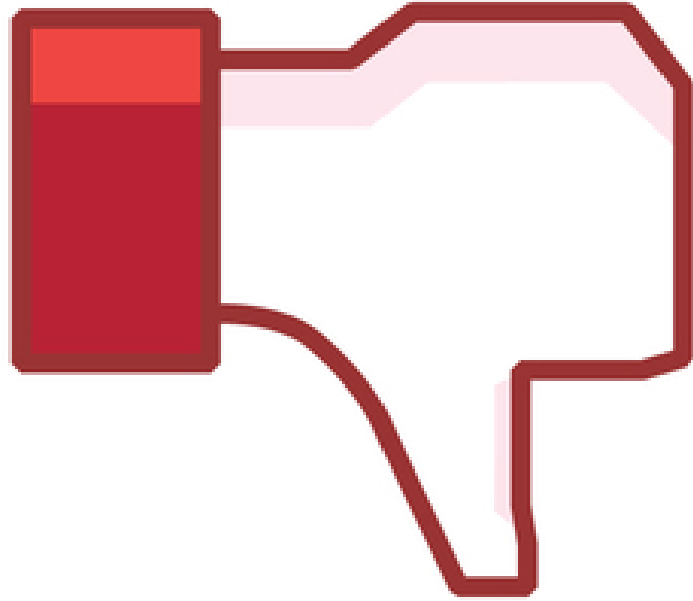


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Challenges of Human Nature...

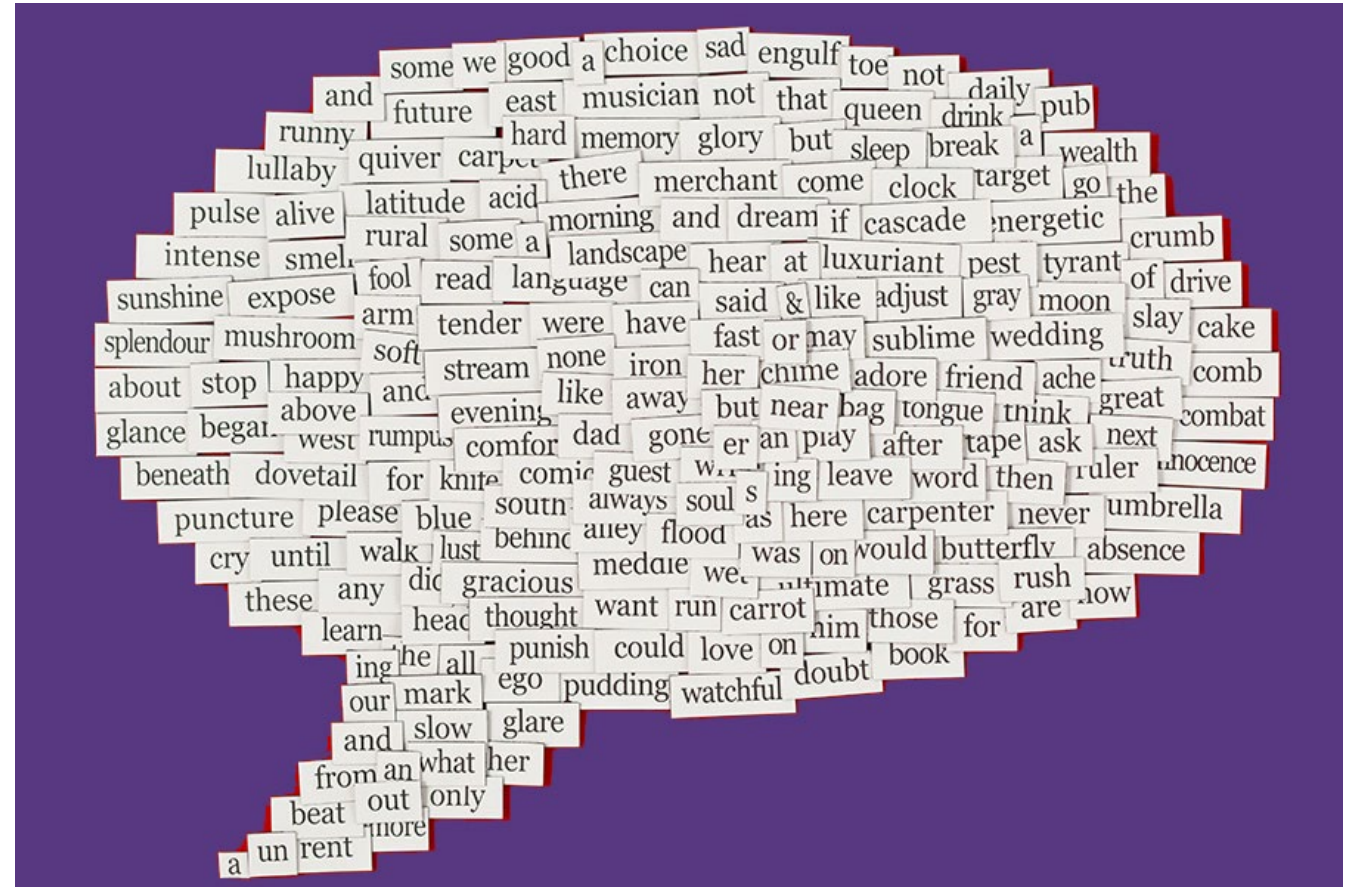


Seek Pleasure



Don't Like!

Character, Words, Beliefs, Actions, Thoughts



Are your beliefs &
thoughts taking you
in the direction you
want to go?

beliefs ➡ your thoughts
thoughts ➡ your words
words ➡ your actions
actions ➡ your habits
habits ➡ your values | character
values | character ➡ your direction

What do you believe?



- What do you believe about your life?
- What do you believe about your body?
- What do you believe about money?
- What do you believe about people?
- What do you believe about your health?
- What do you believe about your capacity to change?
- What do you believe about your family?



What you
believe will work
itself out in your
behavior.

Where Do We Start?





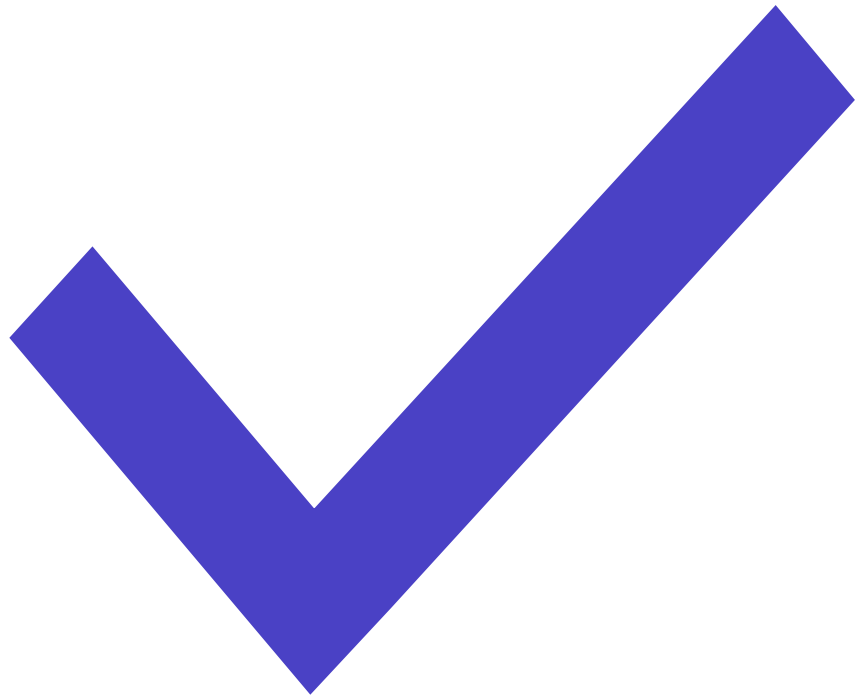
**PUTTING IT
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8 FOUNDATIONS FOR LASTING CHANGE

8 Foundations For Lasting Change:

1. Metacognition
2. Mindfulness
3. Neuroplasticity
4. Growth Mindset
5. Self-Efficacy
6. Internal Locus of Control
7. Psychological Flexibility
8. Self-Regulation



Assessments:

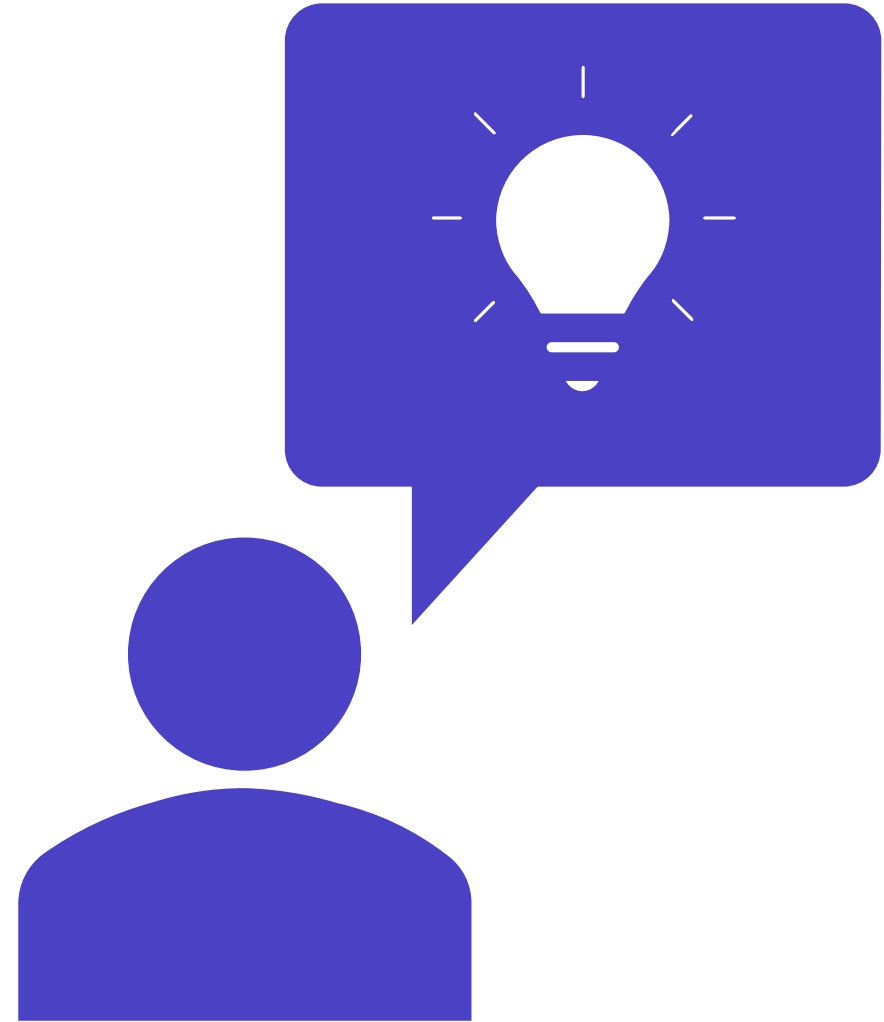


- A. Enneagram
 - <https://assessment.yourenneagramcoach.com/>
- B. VIA Strengths
 - <https://www.viacharacter.org/account/register>
- C. Four Tendencies
 - <https://quiz.gretchenrubin.com/>
- D. Values
 - <https://personalvalues.com/personal-values-test>
 - <https://www.valuescentre.com/tools-assessments/pva/>

Metacognition

What is it?

Thinking about your thinking.



Metacognition

How is it
helpful?

- Awareness to what you are thinking about
- Analyze how you think
- High self-awareness
- Choosing appropriate strategies for the task at hand
- Enhances motivation
- Improves performance
- One of the most effective & cost-effective methods to improve learning , to learn from previous mistakes, and to choose productive revision strategies.

Metacognition: How to practice?



BEFORE:



SET 1 OR 2
GOALS



ENVIRONMENT

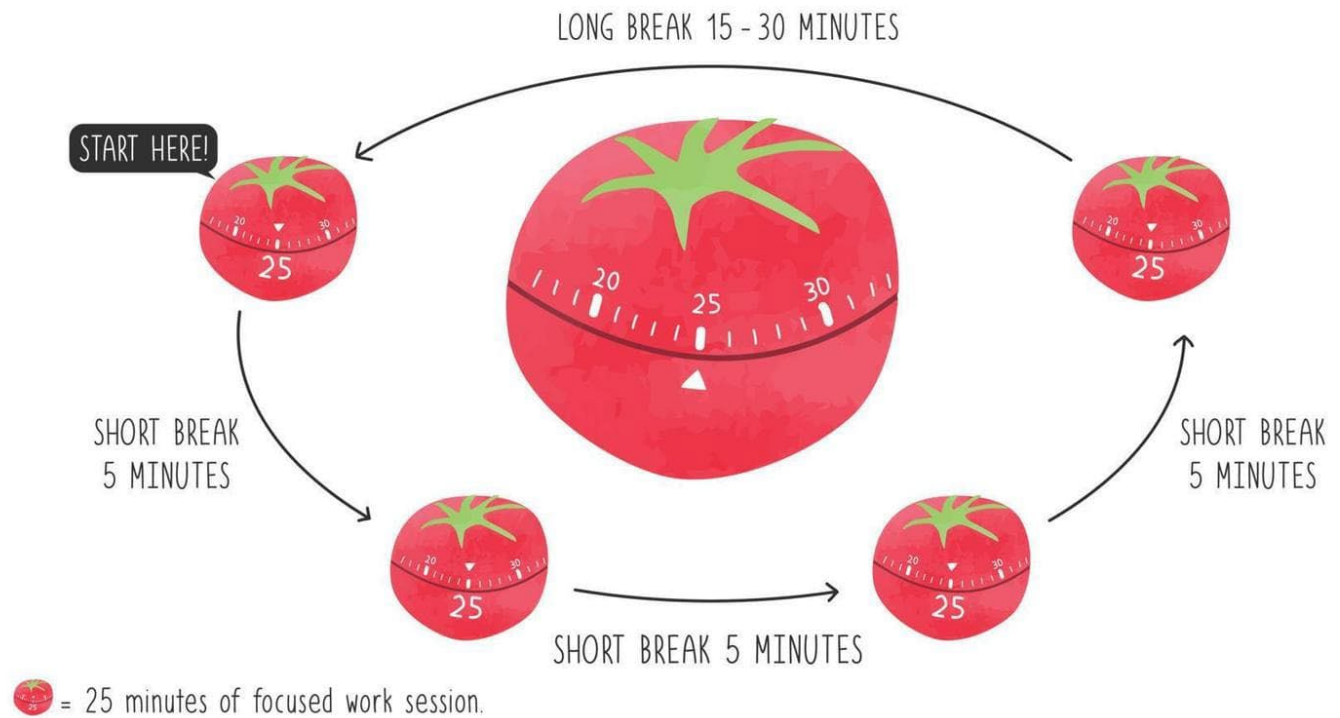


WHAT DO YOU
NEED?



POMODORO
TECHNIQUE

THE MODORO TECHNIQUE



Metacognition

How to practice?

- During:
- Choose appropriate strategies
- Check in with how things are going; don't wait until the end.
- Alter course if needed.
- Seek help.



Metacognition: How to practice?



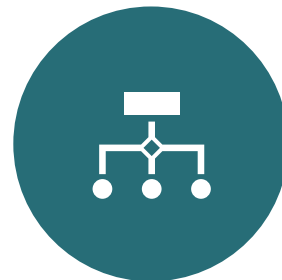
After:



Reflect on what went well.



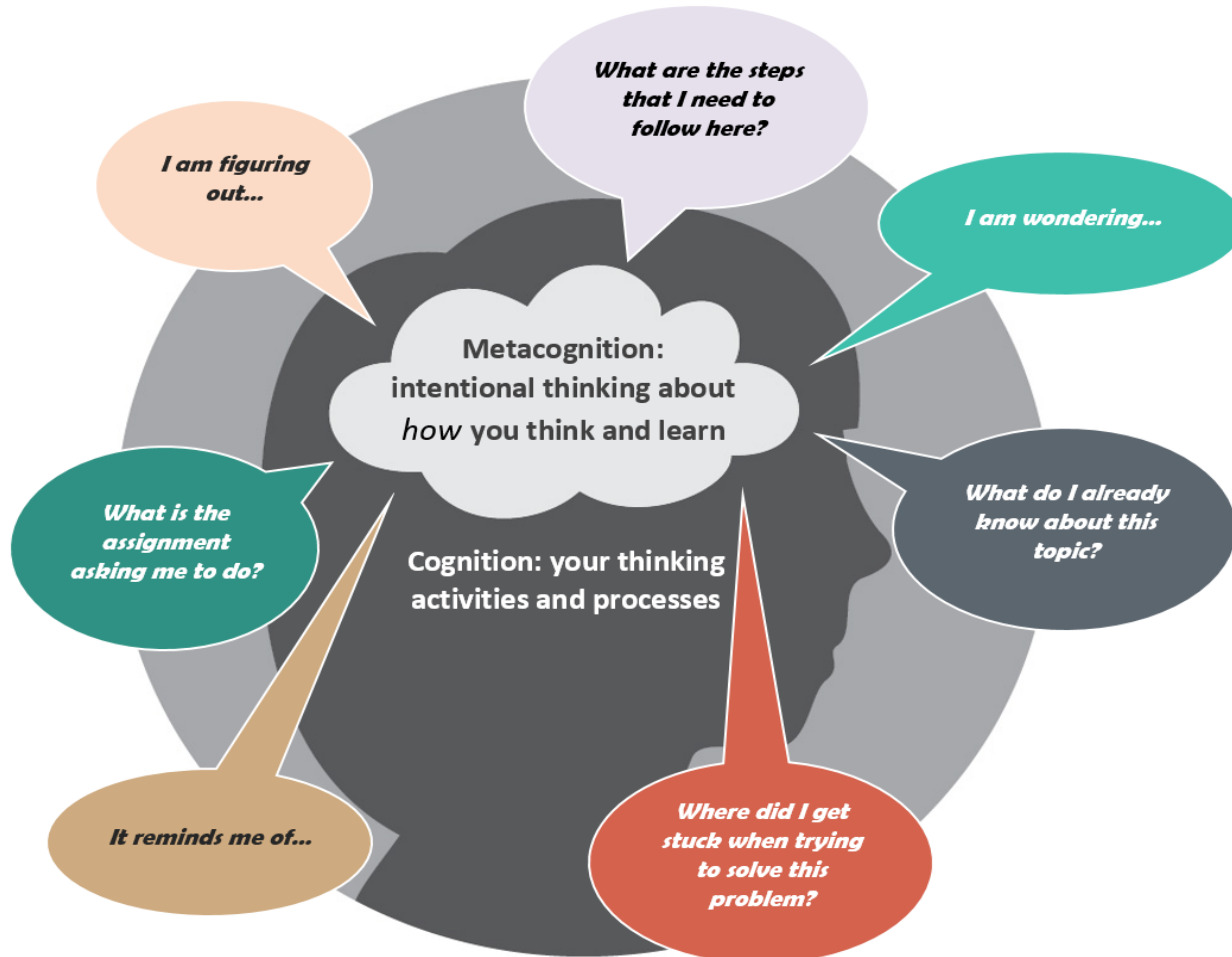
Check to see if there is something you would do differently – make a note.



Do you need new information?

M & M = First Steps in Brain Changes

Metacognition



Mindfulness



Mind Full, or Mindful?

Neuroplasticity - How the Brain Can Change

<https://youtu.be/ELpfYCZa87g>



Choices...
are you making
choices most days,
most moments, that
are moving you in the
direction you want to
go?

Change begins at the end of your comfort zone ...



POSITIVE
dreamstime
CHANGE

I cannot expect positive behavior changes if:

I am walking around drunk on binge foods.

I have a “victim” mindset.

I am not seeking new information and/or a mentor.

I am trying to make changes alone.

I am unwilling to step into, lean into, and jump into discomfort.

Growth Mindset

Carolyn Dweck





Mindset Shift Solution Questions:

- What is true?
- What do I need?
- What are my choices?
- What can I do now?
- Who could help me?



Best Experience



What in you made this positive experience happen?

Describe

Your strengths

Who else was involved?

Tools, Strategies & Practices

- Clear picture of where you are
 - Assessments
 - What do you believe?
- Clarity about where you want to be
 - How do you want to feel?
 - What will you be doing?
- Metacognition & Mindfulness
 - What are you thinking right now?
 - Slow down & breath (5:5:7)
- Growth Mindset
 - Change your questions
 - Cultivate a “Not Yet” mindset
 - Mentor
- Activate/Utilize Your Strengths
 - Best experience
 - Top 5 - Signature
- Values Alignment
 - Social Contagion
 - Accountability partner
- Simplify
 - 3-4 daily habits
- Neuroplasticity
 - Trust you brain is changing
 - 6 months
 - PRACTICE!!!!



Basic 4:

1. Make my bed
2. Put the dishes away
3. Put things back where they belong
4. Organize/declutter 15 minutes a day

The more space I have around me, the more energy I have in me.

Challenges

Decision Fatigue



Energy Management




Negativity Bias



THE ANATOMY OF SELF- SABOTAGE



A glowing yellow tent is pitched on a dark, rocky mountain peak at night. The tent's interior light spills out, illuminating the surrounding rocks. In the background, jagged mountain peaks are visible under a deep blue night sky with scattered clouds and a bright star or moon in the upper right.

The way to get
started is to quit talking
and begin doing.

Walt Disney

Famous Failures...

- <https://www.youtube.com/watch?v=zLYECIjmnQs>

Thank you!



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**ONE
SMALL
STEP**

Resources

Neuroplasticity

<https://www.youtube.com/watch?v=ELpfYCZa87g>

Science Behind Mindfulness Meditation

<https://www.youtube.com/watch?v=VTA0j8FfCvs>

Antidote to Dissatisfaction

<https://www.youtube.com/watch?v=WPPPFqsECz0>

One More Reason for A Good Night's Sleep, Illif.

<https://www.youtube.com/watch?v=MJK-dMIATmM>