**“Be the Executive Change Strategist of Your Own Life!”**

**Pro-EFT Radio Show with Lindsay Kenny and Sylvia Becker-Hill 7/20/2011 handout:**

To get the best value out of listening to the show, please print this handout and have a pencil ready to fill in the blanks!

1. **To be the Executive Change Strategist of your own life means:**
2. You are \_\_\_\_\_\_\_\_\_\_\_\_ to be a change \_\_\_\_\_\_\_\_\_\_\_ and not a change \_\_\_\_\_\_\_\_\_.
3. You choose to take on \_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for your own experiences.
4. You set \_\_\_\_\_\_\_\_\_ for different \_\_\_\_\_\_\_\_\_\_\_ in your life.
5. You make yourself \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ by measuring your \_\_\_\_\_\_\_\_\_\_\_.
6. You create a \_\_\_\_\_\_\_\_\_ and follow it through.
7. You learn from your \_\_\_\_\_\_\_\_\_\_\_\_ and adjust your \_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_ .
8. Instead of \_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_ yourself, you \_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_ yourself.
9. You focus on the \_\_\_\_\_\_\_\_\_, the \_\_\_\_\_\_\_\_, the \_\_\_\_\_\_\_\_\_ .
10. You are committed to \_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_ .
11. You \_\_\_\_\_\_\_\_\_\_\_\_ your results.
12. **A few change management pearls of wisdom:**
13. Everything constantly \_\_\_\_\_\_\_\_\_\_\_ .
14. The Paradox of Change TM: Whatever you want to change, you have first to \_\_\_\_\_\_\_\_\_\_\_\_\_\_ it the way it \_\_\_\_\_\_\_\_ .
15. Acknowledgement doesn’t mean you have to \_\_\_\_\_\_\_\_\_ it the way it is in the future. It means you label it as it is without \_\_\_\_\_\_\_\_\_\_\_. This is: The Rumpelstiltskin Effect TM
16. People don’t \_\_\_\_\_\_\_\_ from not \_\_\_\_\_\_\_\_\_\_ what to do. They suffer from not \_\_\_\_\_\_\_\_\_\_ what they know they \_\_\_\_\_\_\_\_\_\_\_ do.
17. Often you \_\_\_\_\_\_\_ what you don’t \_\_\_\_\_\_\_\_\_. What \_\_\_\_\_\_\_\_\_ you are the things you don’t \_\_\_\_\_\_\_\_ that you don’t \_\_\_\_\_\_\_\_\_ them.
18. For \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_ change you need: Brain Alignment TM. Brain Alignment means your \_\_\_\_\_\_\_\_\_\_\_ mind AND your \_\_\_\_\_\_\_\_\_\_\_\_\_\_ mind are both \_\_\_\_\_\_\_\_\_\_\_\_ together to support you in \_\_\_\_\_\_\_\_\_\_\_\_ your goal.
19. **Some pearls of wisdom about Your Brain:**
20. The brain is \_\_\_\_\_\_\_\_\_ , it changes \_\_\_\_\_\_\_\_\_\_\_\_\_ and can change itself till you \_\_\_\_ .
21. The conscious mind is \_\_\_\_\_\_\_\_\_\_\_\_\_ by the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_ .
22. The \_\_\_\_\_\_\_\_\_\_ mind can process only a \_\_\_\_\_\_ \_\_\_\_\_\_\_\_ of information at a time.
23. The sub-conscious mind remembers \_\_\_\_\_\_\_\_\_\_\_\_ . It cannot distinguish between \_\_\_\_
and \_\_\_\_\_\_\_\_\_\_ and lives always in the \_\_\_\_\_\_ . It also cannot distinguish between \_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_ . For the sub-conscious mind both are the same!
24. \_\_\_\_\_\_\_\_\_\_\_\_ is a depletable resource and part of the conscious mind. When you are
tired, stressed, hungry, sick… it gets depleted even \_\_\_\_\_\_\_\_\_\_\_\_\_ .
25. **The Iceberg Change Model TM:** (see picture on the next third page of this handout)
26. **The insights we want you to take out of this class and remember deeply are:**
27. Change starts with acknowledging your starting point.
28. Brain Alignment TM is the most powerful creative force inside your own brain and Pro-EFT is THE TOOL to achieve it.
29. You can change in deeper and more meaningful ways than you have ever imagined!

You can get Sylvia’s free ebook “Resolutions that stick” in which she summarizes all her change management pearls of wisdom from more than 15 years as an executive coach for you by simply signing up for her newsletter here: [www.sylviabeckerhill.com/freeebooks](http://www.sylviabeckerhill.com/freeebooks)

If you like to get inspiration about what’s possible in your life follow Sylvia’s new blog on Facebook: <http://www.facebook.com/ItsPossiblebySylviaBeckerHill> by clicking on the ‘like’ button.