



Transformative Tools from the *small change* Toolkit

The *small change* ABC-123 Strategy TEMPLATE:

The *small change* ABC-123 Strategy is a clear and straightforward framework that makes achieving goals less complicated and overwhelming. It drives the efficacy of every tool in The *small change* Toolkit. The strategy is broken down into 3 simple steps: **1) Acknowledgement of the goal you want to accomplish; 2) Belief in yourself; and 3) Commitment to doing the work.**

FOR EXAMPLE, if losing and maintaining a healthy weight is something you've wanted to do but you're not there yet, start by **acknowledging your goal**. Make sure your goal is linked to a strong desire. Next, list two reasons you **believe** in your ability to reach and maintain this healthy weight. Remember, confidence in yourself and your innate divine power is crucial. Lastly, **commit** to three small changes that will move you toward your goal.

Now, let's put the ABC-123 Strategy into action.

Acknowledgement: List ONE goal you will accomplish:

1. _____

Belief: List TWO reasons you believe you will accomplish this goal:

1. _____

2. _____

Commitment: List THREE small changes you'll make to get you started:

1. _____

2. _____

3. _____

Don't let hesitation stop you. Your journey to wellness can be as simple as **ABC-123!**

Need help, contact me at smallchange@myrtlerussell.com. Subscribe to weekly wellness tips at <https://www.myrtlerussell.com/contact-us>.