



# 7 Top Tips to being a Change Embracer

The Balance Tree



## WELCOME

Thanks for taking the time to download the **7 Top Tips to being a Change Embracer**.<sup>(c)</sup> We have put this together to help you embrace change so you can live a balanced and effective life.

Being able to manage change is critical these days - the world is changing rapidly and whether we like it or not we're here for the ride! The biggest step is knowing you need to change and are ready to embrace it! So well done, you've taken that first step by reading our 7 Top Tips to being a Change Embracer!

We are Jaye & Ricci Barros, married for over 30 years with 3 adult children and 3 grandchildren. Coming from Corporate backgrounds we now run our own online business to help others gain clarity, unlock their true potential and live their dream plan. We want this for you too!

Below are our 7 Top Tips to help you let go of any resistance and learn to embrace change so that you can heal and grow.

We know these Tips will help you improve your mindset and resilience.

*Jaye & Ricci Barros*  
Your Effective Life Team

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# CHANGE EMBRACER



## 1 Gratitude

Often we focus on what we don't have instead of what we have. So let's change that thinking straight up. Before you get out of bed in the morning say Thank You to yourself for acknowledging you are important enough to make the change you need, for giving yourself permission to change, and for being ready for the journey ahead.



## 2 Baby Steps

We LOVE Baby Steps! In fact, we say that practically anything can be started, progressed or finished with 15 minutes of time!



So just pick one small thing to start. What is one little thing you can do now that will make you feel you have taken a step forward towards the change you need? Once you're confident with that one change, introduce another, then another ... keep moving!

## 3 Talk To Yourself

Once you are giving thanks each morning and have worked out your baby steps then start saying these out loud to yourself.

Once you're confident saying it out loud, then start saying it to yourself in the mirror! Look yourself in the eye and confidently say "Thank you for embracing change", "I'm going to [action]", "I am worthy", "You look amazing today" or whatever positive language you need to encourage yourself! Mean it, believe it, embrace it! Saying these things out loud, in the mirror, *reflects* your inner self. Notice how you feel when you say it. Is there any resistance or discomfort? Is this an area you need to work on?



# CHANGE EMBRACER

## 4 Keep Going!



Some of the activities in 1-3 above may be confronting for you and that's OK. Change isn't easy. However, you need to remain consistent. Keep practising your gratitude, keep doing your baby steps - just one thing at a time, and keep doing those out-loud affirmations in the mirror. Do these things EVERY DAY AT LEAST ONCE! You are building confidence, embracing change and understanding yourself. Powerful stuff!

## 5 The Right Tribe



When you are ready to make a change in your life, whether small or significant, you need to surround yourself with people who are going to encourage and support you. Choose your tribe wisely during this time. Napoleon Hill states "The number one reason people fail in life is because they listen to their friends, family and neighbours". Harsh but real. Surround yourself with the right tribe with the right vibe!

## 6 Check In



Be accountable. Tell someone (in your Tribe) about the change you are making. Check in with them on a regular basis and let them know how you're getting on. Saying things out loud and being accountable for your actions and commitments will keep them real and let you see, hear and feel what's happening.

## 7 Celebrate



Celebrate your wins - from small to colossal! As you start to embrace change then give yourself credit for these milestones and reward yourself. This could be from a simple hug - sure, hug yourself - to a special treat. Make them meaningful and exciting.

# WANT MORE ?

FOLLOWING THIS WE RECOMMEND

## LIFE WORKSHOP PPP COACHING

### WHAT WILL YOU GAIN?

#### LIFE WORKSHOP

- clarity around the impact of past influences
- choice to get out of the drama cycle and create positive change
- the ability to identify, interrupt and change negative behaviours

#### PPP (Passion Purpose Plus 1 on 1 Coaching)

- find your passion and purpose
- positive resources to rebalance and empower
- opportunity to create new strategies to live a life filled with success, love and happiness

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# TESTIMONIALS

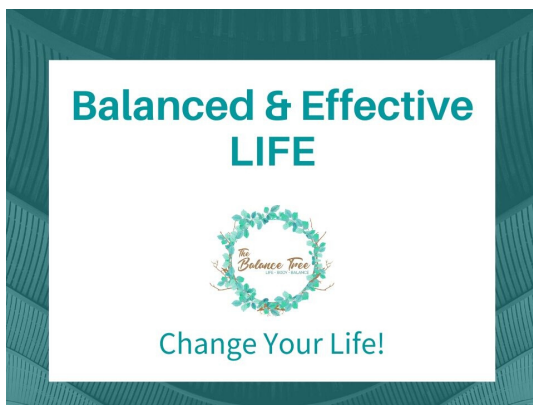


I was anxious that working through old wounds and longstanding barriers would be frightening and too confronting ... each session I came away with the feeling of burdens being lifted and a new sense of clarity.

— Helen S

I was able to release some negative beliefs and the energy attached to it. I am now able to have a more confident, equal discussion with my loved ones. I am also more confident in my own strength of character

— Sean R



It was really good. Clear, simple, with food for thought without setting expectations ... It is Do-able! And principles that can be practiced in real life situations.

— R Mason

I did the TWO courses today. They were fab, I really enjoyed them. Holding my attention in these things is not easy, I am fast-paced and bore so easily, so the split screen of visuals and Jaye on the side was great!

— Jess N