

A BRAIN BASED **LOOK** AT CHANGE

THE CHANGE MAPSM



A 6 step guide for planning and piloting your travels.

Manage stalls and detours with a **LOOK**.

Look IN to spark the desire



Motivation:
know your why as
emotion overrides logic

Look FOR engaging your brain

Neuroscience:
know how your
brain changes



Look TO build a step by step plan



Strategy:
fuel momentum
with tiny wins

Look OUT for known & hidden obstacles

Blindspots:
plan well versus
launch quickly



Look AT needed skills and tools



Resilience:
expand capacity
create your reservoir

Look AROUND for influencers

Self-awareness:
know the impact
of people and place



That Essential Spark

Create and sustain your path forward.