



# Change Academy Lab Notes

**TOPIC:** Too busy for change?

**EPISODE #30**

**NOTES/TAKEAWAYS:**

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**EXPERIMENT:**

Think about a typical day you had. What are moments that brought you joy and what were moments that brought you stress? Of all those activities that aren't bringing meaning or pleasure, and that are unproductive and stressful, choose one to do less of going forward. Write down a strategy for avoiding this activity and put the written reminder in a visible spot. This is where you can reclaim some time and use it for change.

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**OBSERVATIONS:**

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**FURTHER EXPERIMENTS:**

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# Change Academy Lab Notes

**TOPIC:** Strengths or Weaknesses?

**EPISODE** #29

**NOTES/TAKEAWAYS:**

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**EXPERIMENT:**

Step 1: Identify an area where you feel like you lack skill, talent, or affinity.

Step 2: Would strengthening this weakness move you closer to your goals or your ideal self? What's the minimum level of competence/comfort/mastery you would need to achieve and what would it take to achieve that?

Step 3: What would it cost to address the weakness? What could you put into place to compensate for your lack of ability in this area?

**OBSERVATIONS:**

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**FURTHER EXPERIMENTS:**

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# Change Academy Lab Notes

**TOPIC:** Being good enough

**EPISODE** #28

**NOTES/TAKEAWAYS:**

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**EXPERIMENT:** In what ways and what areas do you recognize the "I'm not good enough" in your own life? How has your life been affected by believing this? What results have you achieved or missed out on?

Think about past events where you learned to believe that you were 'not good enough' and consider how you could re-interpret these events now? How might this change or modify your expectations for the future?

**OBSERVATIONS:**

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**FURTHER EXPERIMENTS:**

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# Change Academy Lab Notes

**TOPIC:** What, Why, How Problems

**EPISODE #27**

**NOTES/TAKEAWAYS:**

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**EXPERIMENT:** Identify a place in your life where you are stuck or not making progress.

Step 1: Can you write down in a sentence or two exactly what needs to happen or change in order to achieve the goal or solve this problem?

Step 2: Can you write down the concrete actions you need to take next?

Step 3: Can you write down 5 detailed and compelling reasons that you want to do this now? If not, spend some time digging for your why (or maybe your why not)?

**OBSERVATIONS:**

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**FURTHER EXPERIMENTS:**

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# Change Academy Lab Notes

**TOPIC:** Easy Wins with Mitch Harb

**EPISODE #26**

**NOTES/TAKEAWAYS:**

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**EXPERIMENT:**

Choose one area of your life that you'd like to make a change in (eating habits, sleep, exercise, or any other area).

1. Spend this week collecting some data on your current habits and patterns.

2. Notice what happens when you break from your normal patterns. Do you feel better or worse?

3. Use the information you've gathered in Step 1 and 2 to identify an easy win that you can incorporate into your daily routine.

**OBSERVATIONS:**

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**FURTHER EXPERIMENTS:**

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# Change Academy Lab Notes

**TOPIC:** Breaking Highly Rewarding Habits

**EPISODE #25**

**NOTES/TAKEAWAYS:**

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**EXPERIMENT:**

1. Make a list of activities that you find rewarding or that give you pleasure. Make it as comprehensive as you can.
2. Review your list and put an X next to anything where the cost (in time, money, energy, or health) is more than you want to pay.
3. Review your list again and put a checkmark next to those things that would make your life better if you did them more often.

How can you use this information to create positive change?

**OBSERVATIONS:**

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**FURTHER EXPERIMENTS:**

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# Change Academy Lab Notes

**TOPIC:** Use distraction for good

**EPISODE #24**

**NOTES/TAKEAWAYS:**

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**EXPERIMENT:** Next time you find yourself in the grips of an unhelpful thought or emotion (such as anxiety, worry, stage-fright) try the mental flashlight technique:

Step 1 - use your senses and shine your mental flashlight on something you see, hear, smell, or generally are "aware of."

Step 2 - Simply say the words (out loud or in your head) "I am aware of \_\_\_\_" without attachment or judgement. Just simply be aware.

Step 3 - Repeat. Use as many different senses as you can and list all the things you are aware of.

**OBSERVATIONS:**

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**FURTHER EXPERIMENTS:**

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# Change Academy Lab Notes

**TOPIC:** Talking ourselves out of change

**EPISODE #23**

**NOTES/TAKEAWAYS:**

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**EXPERIMENT:** Identify the reason or excuse your brain has come up with and write it down as an "Unhelpful Thought." Then use the following questions to assess the validity of this thought:

Is there substantial evidence for or against my thought?

Am I trying to interpret this situation without all the evidence?

What would a friend think about this situation?

If I talk myself out of change, how will I feel a year from now?

Now, rewrite your unhelpful thought in a more balanced, rational, and helpful way.

**OBSERVATIONS:**

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**FURTHER EXPERIMENTS:**

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# Change Academy Lab Notes

**TOPIC:** Short term challenges

**EPISODE** #22

**NOTES/TAKEAWAYS:**

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**EXPERIMENT:** Thinking carefully about these questions before you embark on a short-term challenge can make it about more just a temporary exercise in willpower.

1. Why is this particular challenge attractive to me?
2. What do I hope to learn from this temporary challenge?
3. What plan can I put in place to ensure I don't just return to my previous behaviour as soon as it is done?
4. Am I using this as a delay or distraction from the deeper changes that I know I want to make?

**OBSERVATIONS:**

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**FURTHER EXPERIMENTS:**

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# Change Academy Lab Notes

**TOPIC:** Is this (still) the right goal?

**EPISODE #21**

**NOTES/TAKEAWAYS:**

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**EXPERIMENT:** Take a look at your current goals and consider whether they are truly allowing you to live your best life. If this goal is no longer what you want, stop pursuing it.

Think about your perfect life or your ideal day, what would you want to be doing?

What are three steps you could take that would bring you closer to your perfect life?

Which one of those steps could you take this week?

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**OBSERVATIONS:**

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**FURTHER EXPERIMENTS:**

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# Change Academy Lab Notes

TOPIC: Focus

EPISODE #20

**NOTES/TAKEAWAYS:**

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**EXPERIMENT:** Make a list of all the changes that you'd like to make. Consider their potential impact and your readiness to do them.

Choose no more than three to focus on and put all the others on hold - for now.

Estimate how long you will need to focus on each one (in order to either accomplish it or create a solid habit.

Decide what the very first step for each one will be, including when/where/how you will take it and then take that first step

**OBSERVATIONS:**

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**FURTHER EXPERIMENTS:**

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# Change Academy Lab Notes

**TOPIC:** Impulse Control

**EPISODE #15**

**NOTES/TAKEAWAYS:**

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**EXPERIMENT:** When an impulse arises, pause and consider how you can make this passing whim into a truly enjoyable event. How, when, where, and with whom would it be most fun?

Schedule it into your calendar and enjoy the anticipation of that pleasure.

When the time comes, be sure to notice the satisfaction and enjoyment that you would have missed by mindlessly giving into the original impulse.

**OBSERVATIONS:**

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**FURTHER EXPERIMENTS:**

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# Change Academy Lab Notes

TOPIC: Collecting Evidence

EPISODE #19

**NOTES/TAKEAWAYS:**

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**EXPERIMENT:** Choose a behavior or habit that you have struggled but failed to change in the past. (Evidence that change is not possible.) Now, find at least one piece of counter-evidence. This can be either an example of someone in a similar situation or (ideally) one time in which you actually succeeded in changing your long-standing behaviour. Next, think about how many pieces of counter-evidence you would need to collect in order to believe that you do, in fact, have the ability to change this pattern in a more lasting way. Then, start collecting (and counting!) that evidence.

**OBSERVATIONS:**

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**FURTHER EXPERIMENTS:**

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# Change Academy Lab Notes

**TOPIC:** Reward vs Consequence

**EPISODE #16**

**NOTES/TAKEAWAYS:**

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**EXPERIMENT:** State your compelling reason (or your "Why") for making the change you want to make and pay attention to whether it is based around a reward or consequence.

Before you lock it in, turn it around in your head and see if you can restate it as the opposite.

Give each version time to breathe and then consider which one feels more motivating, calming, satisfying or doable in the long run.

**OBSERVATIONS:**

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**FURTHER EXPERIMENTS:**

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# Change Academy Lab Notes

**TOPIC:** Grit with Rebecca Louise

**EPISODE** #17

**NOTES/TAKEAWAYS:**

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**EXPERIMENT:** Think about the last time you asked for help, heard some good advice on a podcast, or found some helpful knowledge in a book you read. Did you follow the advice or take action? If not, see if you can identify why you didn't.

Was it because you are too tied to your identity as someone who can't solve the problem? Were you scared that it actually might work? Or did you think it was going to take too much effort?

**OBSERVATIONS:**

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**FURTHER EXPERIMENTS:**

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