



# Change Academy Lab Notes

**TOPIC:** Slowing down

**EPISODE** #36

## **NOTES/TAKEAWAYS:**

### **EXPERIMENT:**

Think of an area of your life where you feel like you are in a hurry to finish or achieve something. Ask yourself:

1. Is trying to get there more quickly actually serving you or just causing you to cut corners?
2. How could slowing down actually enhance either the process or the result (or both)?
3. What do you need to adjust about either your actions, beliefs, or self-talk to allow yourself to slow down?
4. What parts of the process (rather than the outcome) can you focus on that will bring you pleasure and satisfaction?

### **OBSERVATIONS:**

### **FURTHER EXPERIMENTS:**