



Change Academy Lab Notes

TOPIC: What to do with a lapse

EPISODE #55

NOTES/TAKEAWAYS:

EXPERIMENT:

1. When you realize that a lapse has occurred, stay calm and be kind to yourself.
2. Remember that a brief lapse will not erase all of your progress.
3. Remind yourself of all the positive steps you have made. Don't put all your focus on the one negative step.
4. Reflect on your purpose in beginning this journey.
5. Remember that giving up never moves you any closer to your goal.

OBSERVATIONS:

FURTHER EXPERIMENTS: