



Change Academy Lab Notes

TOPIC: How fast can you change?

EPISODE #60

NOTES/TAKEAWAYS:

EXPERIMENT:

If you feel frustrated by a lack of progress, assess whether your timeline for success might be unrealistic or out of scale with the size of the goal.

1. Are you expecting to master a complex skill or achieve a big goal more quickly than is realistic?
2. Are you expecting to reverse in a few weeks realities that took years to create?
3. Are you expecting to root out and replace long-standing behavioral or thought patterns with just a few repetitions of new patterns?

After thinking this through, you might decide to adjust your tactics in order to accelerate your progress. Or you might decide to adjust your timeline for success to match the scale of the project. Or maybe both?

OBSERVATIONS:

FURTHER EXPERIMENTS: