

Key

Phase of Cycle of Change

How To
Recognise If
You Are Stuck
Here

Email Reveal

Write Here
What You
Personally
Need to do
to move on

If stuck in this
loop take 100%
responsibility
for your life

Every Day
Is The Same -
Verging on
Boring

You Want
Everything To
Go Back To
"Normal"

You Had a
Breakthrough
but are not
taking action
on it

Status Quo

The Cycle of Change

Challenge

All Your
Familiar
Reference
Points Have
Gone

You See
Things
Differently but
Are not Taking
Action

Insight

Chaos

Integration



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