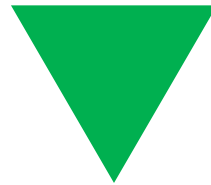


PIVOT by Kim Evans

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Is It Time For a Change?

ABOUT

You're here because you're ready for a change, but you're not quite sure how to commit to a new life. "Pivot" shouldn't be a scary word, and change shouldn't be a foreign concept. Why? Because it's in our nature to change regularly—we just don't realize it.

WHAT IS CHANGE?

- It's a six-letter word, both a noun and a verb, and an idea that either scares you or thrills you
- Change means the act or instance of making or becoming different
- By its very nature, change is hard to characterize because change is always changing

WHY DO WE STRUGGLE WITH IT?

- It's risky
- We lack purpose
- The changes are unrealistic

WHY IS CHANGE IMPORTANT?

- Personal growth
- Confidence
- Motivation
- Resilience
- Excitement
- Opens the right doors
(closes the wrong ones)
- Gives you a story
- Flexibility
- Learn your strengths
- Compassion

WHEN IS IT TIME TO CHANGE

- You're Focusing on the Little Things
- Jealousy is Hitting Hard
- You're Living in the Past
- Your Habits are Unhealthy
- You Experience "Sunday Scaries"
- You're Tired All the Time
- Your Life Feels Like a Movie
- a Boring One
- You're on Auto-Pilot Mode
- You're Not Happy
- You're Indifferent

PIVOT

How to Make a Change

1. Set an Intention
2. Let Your Intentions Marinate
3. Think About Your Obstacles
4. Decide What is Realistic
5. Set a Timeline
6. Keep Your Eyes on the Dream
7. Replace Old Habits
8. Stick with it

KME COACHING

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www.kimMevans.com