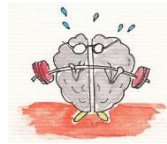




# The Hive of Wellbeing Limited

## Changing My Thoughts, Changing My Habits

Our brains are hard-wired for a number of different daily tasks and situations in our lives. Our morning routine or driving to work or our comments to our teenager coming home late of an evening can all be examples of habitual responses that our brain has initially been aware of and is some “use” to us, and as those circumstances are repeated, our brain has then unconsciously programmed us to respond from these habitual places, time and time again.



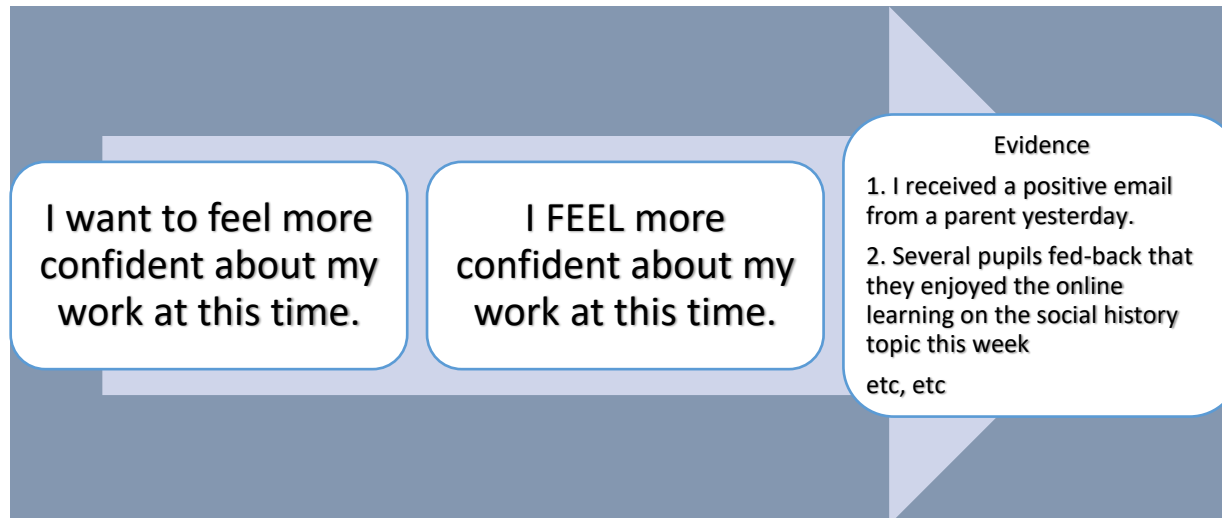
This is very efficient of our brains to do this; however, a problem can arise when we start to feel some negative feelings and these responses seem to no longer serve us. We become bored and restless about our morning routine or our drive to work. Our habitual comments to our teenager have led to a build-up of resentment and a break-down in relationship. Our feelings start to tell us that something is awry! Yet, as these responses are so unconscious, we can be unaware as to what the real issue is. This is where we can do well to “feel” into the situation and use our minds to become curious about what is happening to us and with us.

Below are some coaching approaches to support us in making changes to our thoughts and habits, and ultimately to how we feel...



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## The “Goals to Beliefs” Coaching Tool



### The Rationale

This may appear to be an over-simplistic tool!

“Oh yes, set a goal and then just SAY it is achieved! Bah! What is that about??” This is exactly what our logical mind would say because on the surface, it is very simplistic.

However, this tool is not designed to appeal to our logical, linear conscious mind. It is aiming to dig a little deeper and resonate with our unconscious mind. Within our reptilian brain, we have our Reticular Activating System (RAS) which quite unconsciously “alerts” us to environmental cues and brings us more instances of what we seem to be “looking for”.

Therefore, when I consciously look for evidence that some goal may already be lining up for me in my life, my RAS starts to focus me on “looking for” more relevant evidence that I am already achieving this goal. Listing the evidence is triggering my RAS into action to support me in achieving my goal. Try it for yourself!



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## “Habits of Behaviour come from Habits of Beliefs” – Dr Joe Dispenza

What do you believe about your work? Which beliefs about your work make you feel good and support your wellbeing? Which beliefs have become habitual and make you feel less than good? What if changing some of your beliefs enabled you to think and feel about work differently, and therefore allowed you to “do” work differently?

Dr Joe Dispenza has written a book called “Breaking the Habit of Being Yourself” where he explains how new habits can be formed from his research and experience. Instead of breaking a habit by simply thinking new thoughts e.g. I will eat healthy food to lose weight; he challenges us to consider focusing on imagining that new thought becoming a reality and **feeling** it so.

Here is his approach:

1. Make connections – New thoughts take only 17 seconds to form. Neurons fire together and wire together.
2. Instruct your body – “Feeling” the new thought; what this will feel like in our bodies when it becomes the reality e.g. weight loss from eating healthily.
3. Paying attention – Focus on what you are doing and making conscious decisions in line with making this change.
4. Repeat over and over and over again – Dopamine reinforces learning this new thought, experience and strengthens new neural connections.



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## “Helping People Change” (2019) – Boyatzis, Smith and Van Oosten

In their 2019 book on Helping People Change, the coaches have developed an approach which, similarly to Dispenza and The Goals to Belief Tool, asks the coachee to focus on who they are becoming (Ideal Self) and how they might achieve this ( moving from Real Self to Ideal Self using the Learning Agenda), Experimenting with actions and being clear on the Resonant Relationships which will support their growth. The main question at each stage that is key to this change process is: “Do you want it more than you don’t want it?” Again, we have to **feel** it to want to change it! Who might you become now and in these next number of weeks?

