



Chapter 3: Navigating Change and Building Momentum

Identity · Anchors · Micro-wins

NUDGES

NOTES

MID-CH LAB

GOOD LIFE LAB

NUDGE 3.1

Map Your Threshold Moment

Think of one change — big or small — that's currently shaping your life. This is your 'threshold moment.' Psychologists have found that some of our most enduring values take shape through what they call self-defining memories — experiences that remain with us and subtly shape our understanding of ourselves over time.

BRIEFLY DESCRIBE THE CHANGE + THE PRIMARY EMOTION WHEN YOU THINK ABOUT IT:

THE 'POSSIBLE SELF' YOU IMAGINED BECOMING BEFORE THIS CHANGE:

THE NEW OR MODIFIED 'POSSIBLE SELF' TRYING TO EMERGE NOW:

NOTE 3.1

Reflect on Your Emerging Self

Reflect on the threshold moment and possible selves you identified.

WHAT EMOTIONS ARISE WHEN YOU CONSIDER THE GAP BETWEEN YOUR 'BEFORE' AND 'NEW' POSSIBLE SELF?

HOW MIGHT THIS THRESHOLD MOMENT BE AN OPENING FOR SOMETHING NEW?

WHAT PARTS OF YOUR CURRENT IDENTITY FEEL READY TO BE 'OUTGROWN' OR 'LET GO'?

WHAT'S ONE SMALL THOUGHT OR GENTLE ACTION YOU COULD PRACTICE THIS WEEK?

NUDGE 3.2

Places to Land

Create one small act you can return to daily for the next 7 days to help you feel grounded. Keep it simple and specific — something that takes less than 5 minutes and can be done daily.

IDEAS TO CONSIDER:

- | | |
|--------------------------------------------------------------------------------|------------------------------------------------------------------------------------|
| <input type="checkbox"/> Stretch while the coffee brews | <input type="checkbox"/> Step outside for one minute of fresh air or sunlight |
| <input type="checkbox"/> Light a candle or incense while setting an intention | <input type="checkbox"/> Place a hand on your chest as a cue to return to yourself |
| <input type="checkbox"/> Set a daily phone reminder with a calming word | <input type="checkbox"/> Play a short sound bath or calming nature track |
| <input type="checkbox"/> Use a fidget-friendly tool (worry beads, stress ball) | <input type="checkbox"/> Create a sound cue like a wind chime |

MY CHOSEN ANCHOR RITUAL:

NOTE 3.2

What's Holding You Steady?

After a few days of practice with anchoring techniques, reflect.

WHAT FELT EASIER TO FACE WITH THIS SMALL RITUAL IN PLACE?

DID ANYTHING INSIDE YOU FEEL MORE SPACIOUS OR LESS TANGLED?

WHAT RESISTANCE CAME UP, IF ANY? WHAT HELPED YOU STAY WITH IT?

MID-CHAPTER GOOD LIFE LAB

Change in Motion — 7-Day Journal

Track what's unfolding in real time. Notice what's shifting — internally and externally. Be honest; the moments don't have to be positive.

DAY	A MOMENT THAT FELT DIFFERENT	ONE THING THAT GROUNDED YOU	WORD OR IMAGE CAPTURING HOW YOU'RE MOVING TH
D1			
D2			
D3			
D4			
D5			

D6			
D7			

NUDGE 3.3**Catch a Micro-Win**

Think back over the last day or two and identify one small win — a moment where you made progress in a way that felt meaningful. Acknowledging this is like putting a marble in your own jar.

MY MICRO-WIN:

NOTE 3.3**Why This Win Mattered**

WHAT INTERNAL MESSAGE DID THIS SMALL WIN SEND YOU ABOUT YOUR CAPACITY AND SELF-TRUST?

WHAT VALUE OR BOUNDARY WERE YOU HONORING?

HOW DID THIS SMALL WIN GIVE YOU A SENSE OF FORWARD MOMENTUM OR PURPOSE?

NUDGE 3.4

Add Some Shine

This week, identify one small win and choose a way to mark it so your brain can register the emotional lift that comes with progress. Making progress visible reinforces your sense of agency.

HOW I'LL MAKE IT VISIBLE:

- Sticky note on a 'done' wall or 'ta-da' list
- Tracker app or simple visual system
- Win jar or digital list
- Snap a daily photo or record a voice memo
- Text a friend each time I complete something meaningful
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THIS WEEK'S WIN TO MARK:

NOTE 3.4

Notice the Momentum

Reflect on a micro-win moment you created this week.

WHAT EMOTIONS DID YOU FEEL IN THAT MOMENT OF PROGRESS?

HOW DID MAKING THAT WIN VISIBLE REINFORCE YOUR SENSE OF AGENCY AND SELF-TRUST?

HOW DID THIS ONE MOMENT HELP YOU FEEL LIKE YOU'RE BUILDING MOMENTUM TOWARD SOMETHING BIGGER?

GOOD LIFE LAB

Growth Seen and Felt

Two practices: your Progress Gallery and a 14-Day Micro-Win Tracker.

1. YOUR PROGRESS GALLERY

Gather 5 songs, images, mantras, or memories that reflect times you followed through, pivoted, or stretched beyond what felt possible.

5 SONGS, IMAGES, MANTRAS, OR MEMORIES:

WHERE YOU'LL KEEP / REVISIT THIS GALLERY:

2. TRACK 14 DAYS OF MICRO-WINS

DAY	WHAT I DID	ONE-WORD REFLECTION	WHY IT MATTERED
D1			
D2			
D3			
D4			
D5			

D6			
D7			
D8			
D9			
D10			
D11			
D12			
D13			
D14			