



BOUNDLESS YOU

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Rewire for Wellness

Workshop Workbook – Week 2

“You cannot see your way out of a challenge if you are looking at it every day from the same level of mind, emotions, thoughts, and feelings of the past.” Dr Joe Dispenza

Our bodies are designed to keep us in a comfort zone, to live in survival mode – even if this comfort zone is not beneficial to us. Consider this example: a child growing up in a difficult emotional environment. The child may react by closing off to emotions in order to protect himself. Fast forward to 20 years later – he is now in a relationship and unable to open up emotionally.

When he was a child, it served him to close off, but it does not serve his current situation, and may eventually lead to conflict if not confronted and changed. From this example it is easy to see how a response we had to something in our early childhood can influence the rest of our lives if we do not consciously decide to take action. In that moment as a child, your body created a safe space for you. So, when we approach changes like this, we do it with compassion and self-love.

Based on our past experiences and perceptions, our bodies have now settled into, let's call it "natural state". When we attempt to implement positive changes, we may notice everything going OK for a while.

At some point though, we tend to experience some or other form of resistance deterring us from seeing it through. When we are too far from "natural state" our bodies react and draw us back to the comfort zone – the record of the past.

Resistance is an inevitable challenge we encounter when we attempt to make a change, even when the change is positive. Naturally, we will seek the path of least resistance, even if that choice is slowly taking everything from us.

One key step towards overcoming this challenge is awareness. Awareness offers us the opportunity to have clarity on our triggers and manage our response from there instead of an unconscious reaction.

Resistance not only occurs on a psychological level, but also on a physiological level. It may show up in your life looking like: self-sabotage, procrastination, distractions, avoidance, always "feeling stuck", finding excuses, over analysing, de-motivation, lowered energy levels, physical reactions (discomfort, pain, etc), self-negotiation, too much self-compassion (giving yourself a "break" even if you just started).

When you have awareness of what resistance looks like in your life, you can work through it instead of unconsciously giving in.

Let's take a deeper look at the science of change.



NEUROSCIENCE TERMS

The Hebbian Theory as presented by Dr Donald Hebb (The Organization of Behavior): “Nerve cells that fire together, wire together.”

Neuron / Nerve Cells: “...fundamental units of the brain and nervous system...” These cells have the ability to store and communicate information between each other.

Neuroplasticity: “Refers to the physiological changes in the brain that happen as the result of our interactions with our environment. From the time the brain begins to develop in utero until the day we die, the connections among the cells in our brains reorganize in response to our changing needs. This dynamic process allows us to learn from and adapt to different experiences” Celeste Campbell, Ph.D.

“Our brain's ability to change its synaptic wiring by learning information and by recording experiences... and to maintain a modified state of being. Plasticity allows us to evolve our actions/modify our behaviour so that we do a better job in life. Learning new things, creating new experiences... making new memories. Making the brain fire in new patterns.” Dr Joe Dispenza

Neuro-rigidity: “Only using our brain's pre-wired synaptic connections (memories) without making any new connections. Never learning from experience. Rigidity is to process the same thoughts and to perform the same actions... and expect a different result.” Dr Joe Dispenza

Functional plasticity: The brain's ability to move functions from a damaged area of the brain to other undamaged areas. (Cherry, 2021)

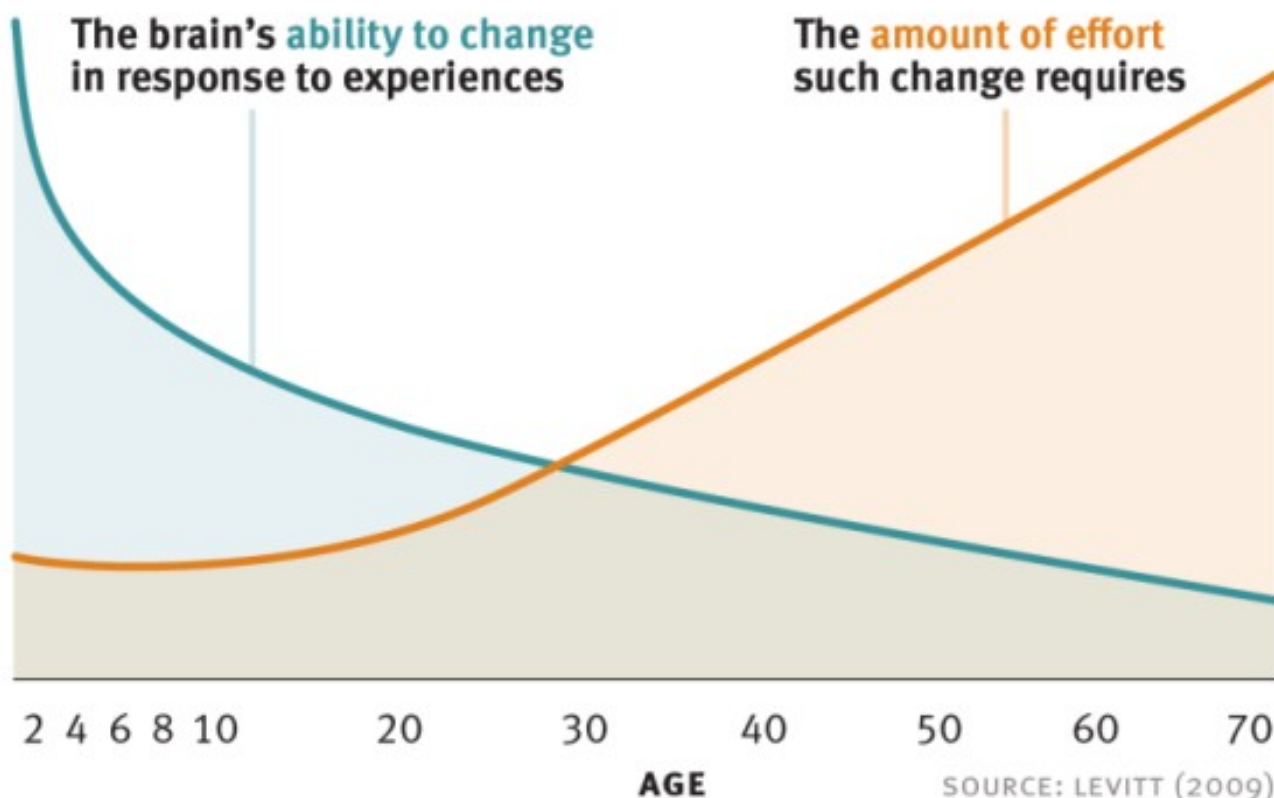



Structural plasticity: The brain's ability to actually change its physical structure as a result of learning. (Cherry, 2021)

Neural network / nets refer to groups of neurons that have fired and wired together to form a system of neurosynaptic connections that are related to a concept, idea, thought process, memory, skill, behaviour or action.

These networks are formed through combining the law of association (how we learn) with the law of repetition (how we remember). This is how we create the hard wired programs in our subconscious that we automatically use every day.

Resistance to change vs Age



Center on the Developing Child  HARVARD UNIVERSITY

www.developingchild.harvard.edu

Source: Levitt (2009)



The younger we are, the less effort it takes to learn something new as our neural pathways are not as rigid yet and we don't necessarily first need to unlearn something else as would be the case as we get older. Our brains take about 20% of our energy use per day. So it makes sense then, that it will look for the fastest, easiest route to take for tasks – reverting to the subconscious hard wired programs.

Keith Stanovich & Richard West proposed 2 systems with which the mind processes information.

System 1 (can think of this as the 95% subconscious activities we do every day) operates with little or no effort with no sense of voluntary control. It is automatic, our hard wired programs. An example includes $2+2=?$

System 2 (can think of this as the 5% conscious activities we do every day) allocates our attention to mental activities that requires it which includes complex computations. An example is having to park in a tight spot.

Cognitive Ease: Refers to how easy it is for our brain to process information. We get to a space of cognitive ease through repeated experience, clarity of vision, priming (exposure to one stimulus influences response to another without conscious guidance, ie child sees bag of candy next to a red bench so next time they see a red bench they will think about a bag of candy) as well as a good mood.

Thus, our brains will look for what feels familiar, true, good and effortless even if it is no longer serving us.

Fixed Mindset: “In a fixed mindset, people believe their basic qualities, like their intelligence or talent, are simply fixed traits. They spend their time documenting their intelligence or talent instead of developing them. They also believe that talent alone creates success – without effort.” Carol Dweck, Ph.D.

With a fixed mindset we don't believe that we have an influence over the outcome of a situation. Consider the information on Locus of Control again – this will relate to having an external locus of control. We avoid challenges, give up easily and feel threatened by the success of others.



Growth Mindset: “In a growth mindset, people believe that their most basic abilities can be developed through dedication and hard work – brains and talent are just the starting point. This view creates a love of learning and a resilience that is essential for great accomplishment.” Carol Dweck, Ph.D.

A growth mindset relates to having an internal locus of control. We embrace challenges, persist in the midst of setbacks and find inspiration in the success of others.

Intentional Change Theory as proposed by Richard Boyatzis, Ph.D indicates that people respond differently to an intentional change that is consistent and aligned with who they want to be compared to people who need to make a change in order to avoid something bad from happening.

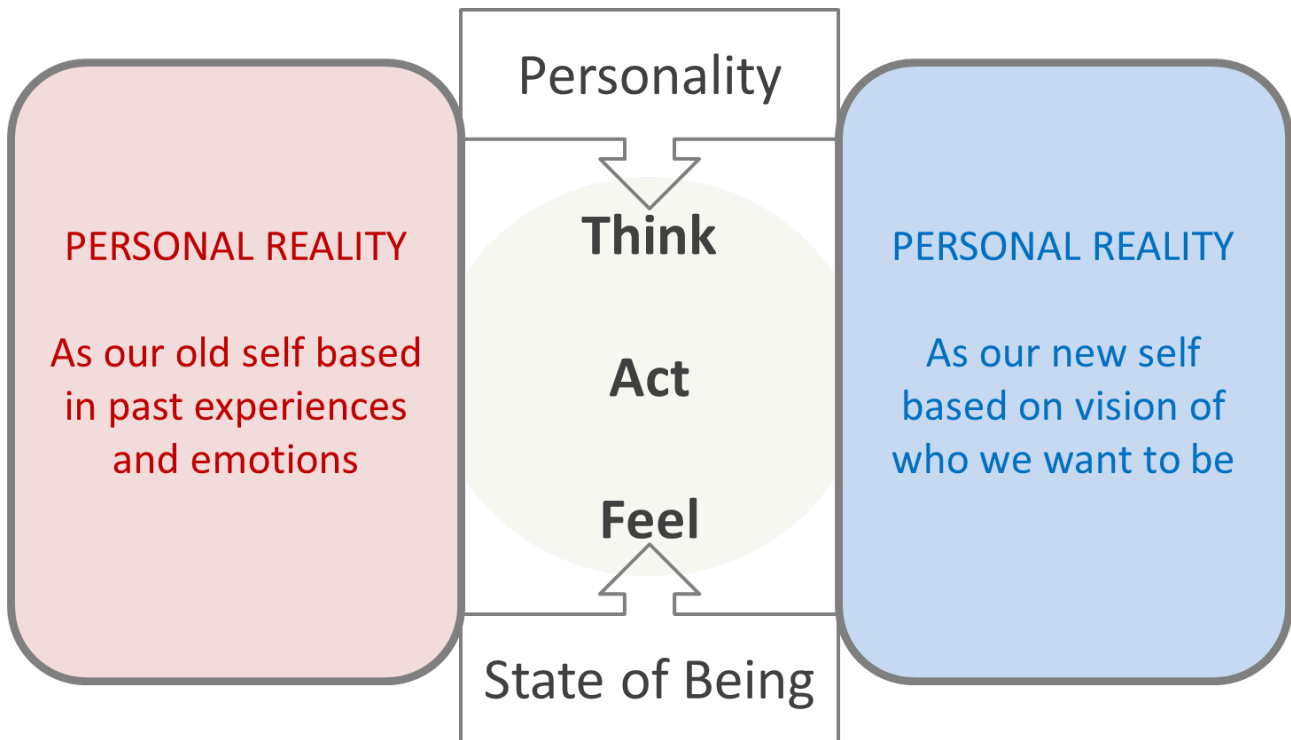
An example: Your Doctor tells you that you need to quit smoking or you will get cancer and could die – this prompt lights up the Negative Emotional Attractor. This part of the brain works great as a catalyst to change but not great for sustaining it.

If the Doctor perhaps approached it from a different angle by asking what your ideal healthy self looks like, who do you want to be (perhaps your ideal version doesn't smoke and is not dependent on it). This approach lights up the Positive Emotional Attractor which is how long term sustainable change can be prompted. Create the vision and then build the ideal plan to achieve it.

The decision to change can be made instantaneously. You can choose to change right now. The reality is, you will need to practice to make this your reality.



YOUR PERSONALITY CREATES YOUR PERSONAL REALITY



Adapted from Unlimited (Dr Joe Dispenza)

What we believe about ourself and our life is rooted in our past experiences. The thoughts (neurological) and feelings (chemical) that we embrace during these events, ultimately become our state of being.

When we change the way we think, we physically change the actual structure of our brains.

In order to change habits, behaviours and actions, we have to challenge our beliefs.

New thoughts lead to new choices that lead to new actions and behaviours which lead to new experiences that generate new feelings. In this process we create a new state of being.



“Can you believe in a future that you cannot see or experience with your senses but you have thought about enough times in your mind ... that it is now wired in your brain?”

And can you emotionally embrace a future potential before the actual experience so many times that you emotionally condition your body to reflect that new mind by signalling new genes in new ways?

If so, then your brain and body are physically changed ahead of the actual experience and you just moved from living in your past to living in your future. In fact, you are living ahead of time. When you successfully apply this paradigm, your brain and body are no longer a record of the past, but a map to your new future. To live by this law, is to live by the quantum law.”

Dr Joe Dispenza

ADKAR & STAGES OF CHANGE



Awareness Desire Knowledge Ability Reinforcement

(ADKAR model developed by Jeff Hiatt as the 5 outcomes a person needs to achieve for a change to be successful).

Refer to your workbook for week 1 and your lists of habits, behaviours, beliefs, thoughts and actions in each dimension you want to change then complete the below exercise.

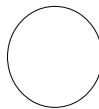


1. Emotional Wellness



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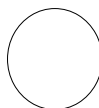
I am not aware of the change needed
= 1



I am fully aware of the change needed
= 5

2. Factors / consequences that creates a desire for the change:

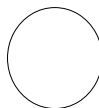
I have little desire for change
= 1



I have massive desire to change
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3. List 3 skills or knowledge you will need for this change:

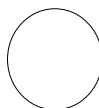
I do not have the training or required
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I have the training or required knowledge
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4. Consider your list in 3, evaluate your ability to execute these skills or act on this knowledge:

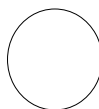
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5. List the re-enforcements that will help you sustain the change in long term. What incentives can you put in place to motivate you in times of resistance:

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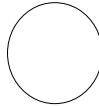
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2. Financial Wellness



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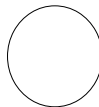
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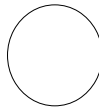
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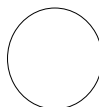
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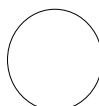
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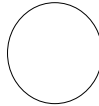
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3. Social Wellness



1. List the reasons you believe the change/s are necessary:

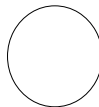
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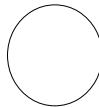
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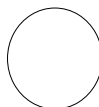
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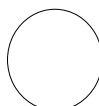
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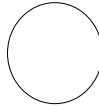
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4. Spiritual Wellness



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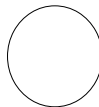
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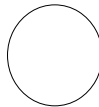
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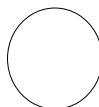
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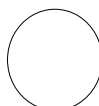
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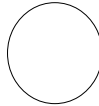
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5. Occupational Wellness



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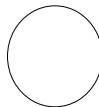
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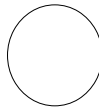
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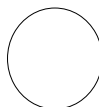
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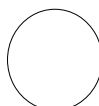
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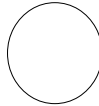
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6. Physical Wellness



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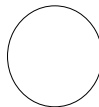
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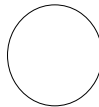
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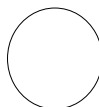
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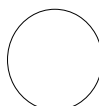
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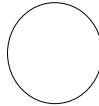
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7. Intellectual Wellness



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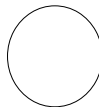
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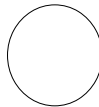
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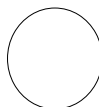
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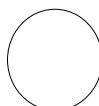
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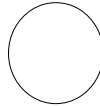
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8. Environmental Wellness



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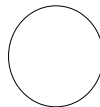
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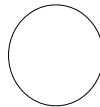
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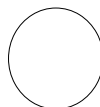
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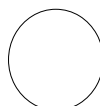
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“Change your story, change your life. Your past does not equal your future.” Tony Robbins

What are the beliefs and perceptions about yourself and your life that you have been unconsciously agreeing to? Perhaps some of these sound familiar:

I don't have enough time, life is difficult and no one cares, I have to work to be a success, someone has to make me happy, when i own... i will be happy, I am shy, it is hard to change, life is serious, my pain is normal, things never go my way, I am not a lucky person, nothing good ever happens to me, I am not creative / good with numbers, it is difficult to lose weight.

List some limiting beliefs you are aware of:

List one piece of evidence to the contrary of each of the beliefs you listed above:

CHALLENGE WEEK 2:

Read through your vision in each dimension every day. And then, for 5 minutes per day, generate an elevated emotion.

Clear intention with an elevated emotion.

Pick 1 action step / habit to implement sustainably for the next week.



Notes:

