

The Ultimate Guide to Unlock Motivation & Build Powerful Habits



**Discover a simple 6-step formula
to become a Change Catalyst.**

Hi, I'm Boris

I'm a Dutch lifestyle consultant and I help others build sustainable long term habits.

My belief is that we all have a Change Catalyst within us that can help us build new habits. This means that we know how to catalyze our mindset and unlock our motivation, so we can work on our goals consistently.



My mission with this eBook is to give you the tools and knowledge to become this Change Catalyst in your own life.

At the end of this eBook you will have a step-by-step plan that you can apply to build new powerful habits. This plan is based on a scientific theory called Spiral Dynamics, developed by Dr. Graves. With this theory you will learn more about intrinsic motivation and how this can help you achieve a new version of yourself.

Not only will you be a goal-setter (because anyone can set goals), but you will become a goal-getter (someone who actually takes action and follows up on what he or she promised to do in the first place).

In my view, this is always what sustainable change is about - not only knowing how to start with new behaviour, but above all **knowing how to sustain it for the long term.**

Become a Change Catalyst

Can you relate to feeling stuck in everyday life?

Do you have the desire to achieve more health, vitality or productivity in your life?

I hope you know that means you will have to face friction, resistance and insecurity about where you want to go.

This is why personal change is so difficult. It's not supposed to be easy to break out of our comfort zone. To face adversity and discomfort for long periods of time in order **to achieve something valuable in the future.**

But the only way to break out is to become the **cause of effect**, instead of the environment having a constant effect on you.

It means switching from being reactive to being pro-active.

It means catalyzing your own mindset, so you can build a lifestyle with habits that support your **long term goals.**



Do you miss the motivation to consistently work on your goals?

Imagine moving in small steps towards your dreams with clarity in your vision and consistency in your habits. You have the mental power to design a concrete plan of action that you execute on a daily basis. As a result, you feel you are living a healthy, vital and active lifestyle.

It sounds too good to be true right? Because most of us think they can not reach this lifestyle.

That's why it is my mission is to share my philosophy on how to stay motivated for your long term goals.

Because personal change and building a productive and vital lifestyle is not as hard as it seems. Especially when we have strategies that can help us overcome self-sabotage and resistance to change.

My lessons in life have shown me one thing - changing your lifestyle is simply a **skill** that anyone can learn.

I call it becoming your own Change Catalyst.



The challenge we all face in life..

The challenge we all face in life is that motivation, energy and time are scarce. So I made it my mission to find out how this process of motivation and personal transformation works, and what the secret is to stay motivated.

What I found out is that transformation is not about information. It's about **learning** how to **build new small habits that serve a small but significant purpose.**

Transformation is also about understanding how to overcome your own personal pitfalls and psychological roadblocks that **prevent** you from reaching long term goals.

Finally, it's about understanding how to intrinsically motivate yourself. This is also the reason why the phrase 'just do it' doesn't work. So instead of focusing on the what, focus on the how.

"How do I ensure that I can change successfully and that I continue instead of falling back into old patterns?"

The e-book you're reading now is the result of my journey and will help you answer this question. My hope is that it will be a meaningful contribution to your current situation and that it awakens the potential that lies within you.

So.. let's get into the practical business on how to **unlock your motivation.**



Content

In this e-Book I share six drivers of intrinsic motivation, so you can:



Initiate change and build momentum to start with a new lifestyle.



Develop consistency and discipline to stay on track when motivation is low.



Obtain results by countering personal pitfalls and psychological roadblocks.



Eliminate actions and align priorities so you experience more balance & harmony.



Stay adaptive and positive when obstacles and negative emotions arise.



Feel connected with the world and make an impact by living your purpose.

Discover Spiral Dynamics

Change is a process. A marathon instead of a sprint. To help you finish this marathon, I share a theory in this eBook called Spiral Dynamics. This theory guides you through the process of change and helps you build a new habit.

Spiral Dynamics has its origins in a theory developed by Dr. Graves. He was a professor in psychology and the founder of the emergent cyclical theory of adult human development. In simple terms; his theory describes how human psychology has evolved over thousands of years. Like a spiral, each level builds on the understanding of the levels below. Each level signifies a new insight and perspective of looking at the world.

The first two drivers are survival and safety. These are the foundation of our existence and hence the most important.

However, after our urge to survive and having a sense of security, we strive for more; control, structure, success, harmony, creativity, and wholeness. With these drivers we determine what is important to us.

As a Change Catalyst you will know how to consciously activate all these drivers, to work on your goals with full focus / energy for the long term.



Beige - SurvivalSense



Our first value system is beige, the colour of survival. Our basic need and focus was to eat, drink and sleep. Automatic instincts and our sense of survival were guiding us in our choices.

Discover Spiral Dynamics



Purple - KinSpirits

The second value focuses on safety by living in a clan. This allowed us to form bonds, cooperate and prosper. Loyalty to the community and collective values became important.



Red - PowerGods

By living in a clan something changed within us. Our free will and ego awakened. We wanted more control and power. This gave us the determination and willpower to chase and conquer.



Blue - TruthForce

Because of the red chaos we developed the need for structure and order. Our search for meaning and stability created a new civilization with rules, religion and guidelines for righteous living.



Orange - StriveDrive

In a new capitalistic world, an abundance of opportunities allowed us to obtain independence and autonomy. Our focus switched to a need for personal results and material success.



Green - HumanBond

The next value system is the realization that real happiness is not found in material abundance and success. This leads to our need for peace, harmony and balance in our lives.



Yellow - FlexFlow

In the last 50 years the world changed rapidly. This means we constantly need to adapt to the situation with creative solutions and flexibility, while dealing with surprises and uncertainties.



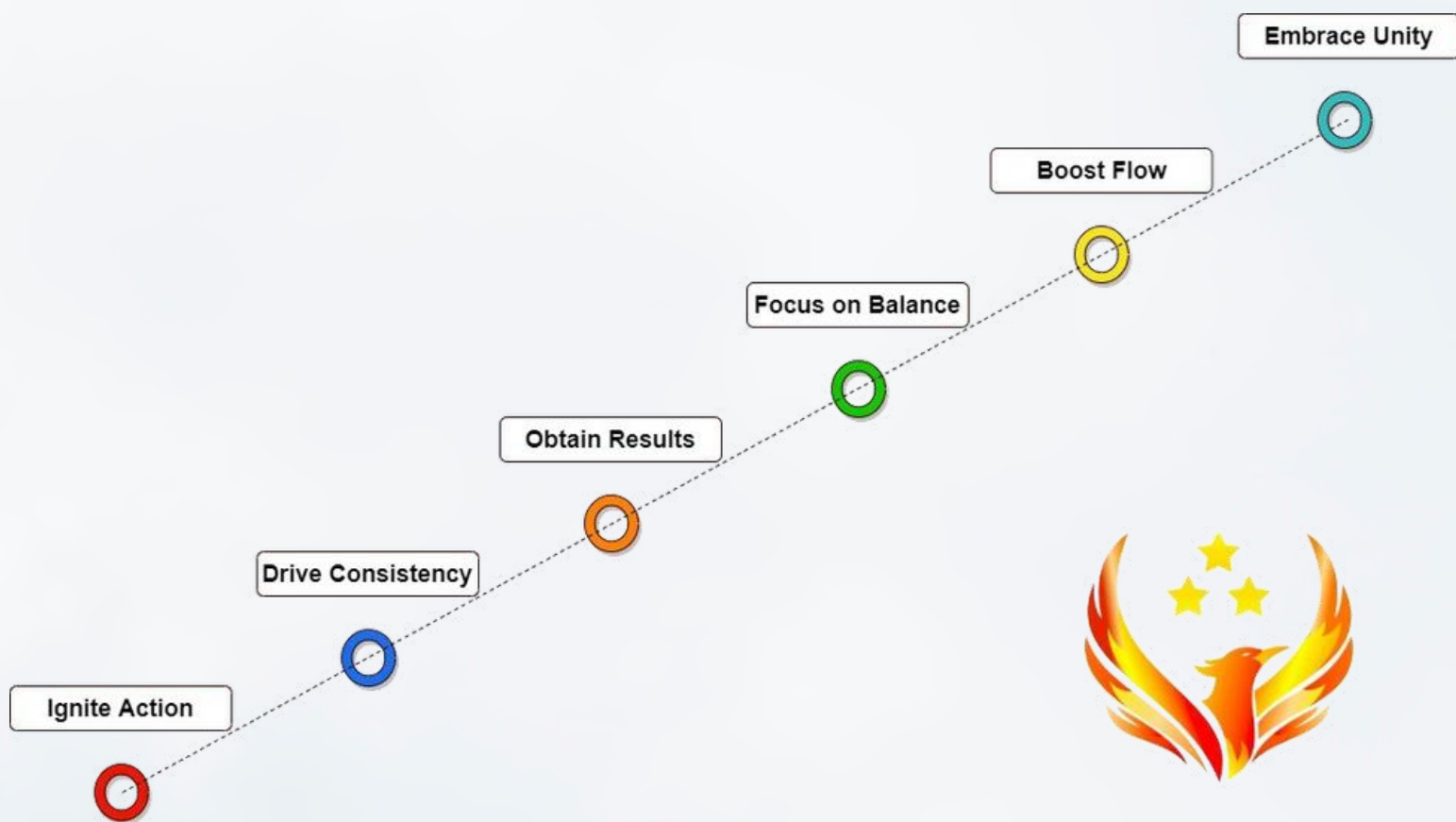
Turquoise - GlobalView

The final colour is turquoise, which is the need to seek wholeness with the universe. With a holistic worldview, we try to engage our spiritual intelligence to live a purposeful life.

Activate Intrinsic Motivation

In order to change successfully, I created a step-by-step plan for sustainable change. Each color contains tips and tricks that help with personal change and the realization of new habits for the long term.

Each color represents a different type of motivation that gives more power to the change you envision. These are the intrinsic motivational drivers that will help you set up a new powerful habit. Since Beige and Purple are colours that are present in the modern world, we start with red. Let's find out how you can activate these colours / drivers of motivation.



Red - Ignite Action and Create Momentum

Blue - Drive Consistency and Discipline

Orange - Obtain Results with a Success Mindset

Green - Focus on Balance & Align Priorities

Yellow - Boost Flow & Positivity

Turquoise - Embrace Unity & Spirituality



Ignite Action

"An object at rest stays at rest and an object in motion stays in motion." - Newton's first law

The change process starts by igniting action with red motivation.

In some cases, we can bring up the motivation to start moving in the right direction, by having a clear outcome and focus on the result. In this case, great. But for most of us motivation is not something that is always present.

This is simply because we usually do not 'feel' ourselves into acting. It is actually the other way around: action comes before the feeling itself. So, we need practical ways to force ourselves to 'get moving' towards a specific result. We need to catalyze ourselves to start the process of transformation.

Here are some tips to help you get that initial drive to change.

This colour is comprised of three tips that will help you launch yourself.

1. Start with a clear mission and personal commitment for this week.
2. Then make a Ulysses Pact with a peer to create social accountability.
3. Also create a positive risk / punishment if you do not comply with the new habit you are trying to cultivate.



Tip #1 - Start with a Mission & Commitment

You probably have a goal in mind that you want to work on.

Therefore, the first step is to translate this goal into a mission. But why is this actually important?



The simple reason is that a goal is finite. It is a specific point that you want to work towards. And we can focus on that goal, but let's be honest. How much does this goal motivate you? It is likely that the end-result is fairly uncertain, and is far in the future. Are you already dreading doing the work to achieve that goal?

That's why it doesn't work to just set goals, because otherwise you would have done it on your own. That also makes it difficult to immediately feel motivation for your goal.

That's why I'm asking you to create a mission statement that describes what actions you need to perform consistently on a daily or weekly basis to achieve your goal. Let me give you some examples below.

Goal: lose 5 kilos of fat or build 5 kilos of muscle.

Mission: healthy eating every day and enough exercise.

Goal: sell a product or service.

Mission: working daily on your website, marketing, sales, product or service.

Goal: become the best version of yourself and overcome insecurity.

Mission: work on self-development daily and get out of your comfort zone.

Goal: become happier and more grounded.

Mission: meditate daily and do gratitude exercises.

Tip #1 - Start with a Mission & Commitment

The next step is to make a commitment to yourself for the upcoming week.

How are you going to work on your mission? Just as a first step? This is why we need a commitment.



A small commitment is a minimal commitment about what you will do in the next 7 days to move towards your goal and mission.

This will not directly achieve the goal or mission, but in this case it is about actively starting the change process.

Whether you make a small daily commitment or a slightly larger commitment every other day. Or 3 times a week is also possible. This doesn't matter.

It does not have to be with 100% intensity immediately. First it's about moving and building momentum. Below I share some examples of commitments.

What are you going to do in the next 7 days that you haven't done so far?

- 3x10 pushups every day?
- Walk outside for 30 each day?
- Read half an hour every day?
- Meditate for 5 minutes every day?
- Visualize for 5 minutes every day?

Think of your own commitment. Put something on paper that you consider realistic that you will actually implement and execute in the next week.

Tip #2 - Create a Ulysses Pact



“Ulysses wanted to hear the Sirens’ song although he knew that doing so would render him incapable of rational thought. He put wax in his men’s ears so that they could not hear, and had them tie him to the mast so that he could not jump into the sea. He ordered them not to change course under any circumstances, and to keep their swords upon him and to attack him if he should break free of his bonds”

The Ulysses Pact is a powerful way to be held accountable for your actions while temptation and distraction arise. It's about preparing in advance and ensuring you have a strategy that will make sure you stay the right path.

Similar to Ulysses who forced his men to tie him up, you can force yourself too by using peer accountability. This means you make a pact with a peer in your social circle. You make a promise to this person to do something for the new habit you are trying to cultivate. This pact will help you to stay the course because someone is out there, counting on you to execute. He or she is expecting you to follow through. Just like the Sirens, small voices in your head will try to convince you. Don't give in to them by making sure you have a pact with someone. Let them be the one to tie you to the mast!

This type of social responsibility works very well because you cannot rationalize it to yourself and just continue with life. In the back of your mind you know you don't want to apologize to your peer, so you get along with it.

In short, use the power of accountability and the integrity of your promises to make non-execution a difficult thing to get away with.

Tip #3 - Create a Positive Risk

"In the third century BC, there was a general named Xiang Yu who sent his army to conquer the Qin Dynasty. When his army was resting on the beach, he ordered the burning of their ships so that they would have no choice to go back. He simplified the decision for his army; either you win or die."



The resolve to follow through is a mind game that we play with ourselves. Instead of forcing decisions, we prefer to keep things 'open'.

- Will I go to the gym today or just stay at home?
- Will I work on my goals or just spend the evening with my friends?

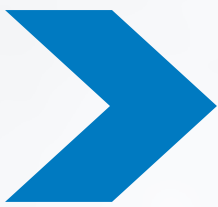
Creating a positive risk means you burn the boat behind you. You make sure there really is no way back.

A financial or effort-intense incentive is the easiest example. Let's agree that you give your friend 100 euros. For each time that you execute on your desired behaviour, he gives you 20 euros back. It works because you only lose if you don't comply. Even though it might not be the best method to comply over the long run, it can still help you create initial momentum. It's because of this positive risk that you suddenly have skin in the game. You literally have something to lose, just like the men on the beach.

Another idea is to promise to clean someone's house, cook for them, or maybe even clean their toilet. You really don't want to do it, so going to the gym doesn't sound too bad then suddenly right?

In short, ask yourself:

How can I burn the boats, so there is no way back and I don't even have the option of choosing anymore?

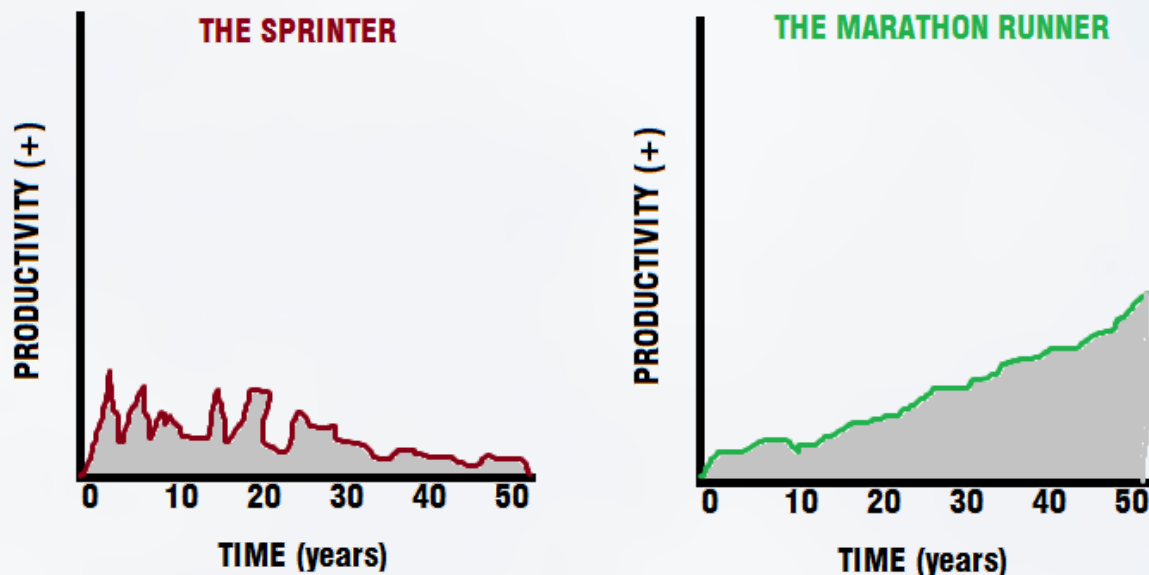


Drive Consistency

"People do not decide their futures, they decide their habits and their habits decide their futures." - F.M. Alexander

Forced motivation is not a sustainable source of energy. Staying in red energy will eventually burn you out. That's why it's crucial to build blue motivation.

This means we have to focus on building a habit, because it is fundamental to your long-term success. It might seem insignificant at the start, but habits over time multiply to a degree that far outweighs their initial cost or investment.



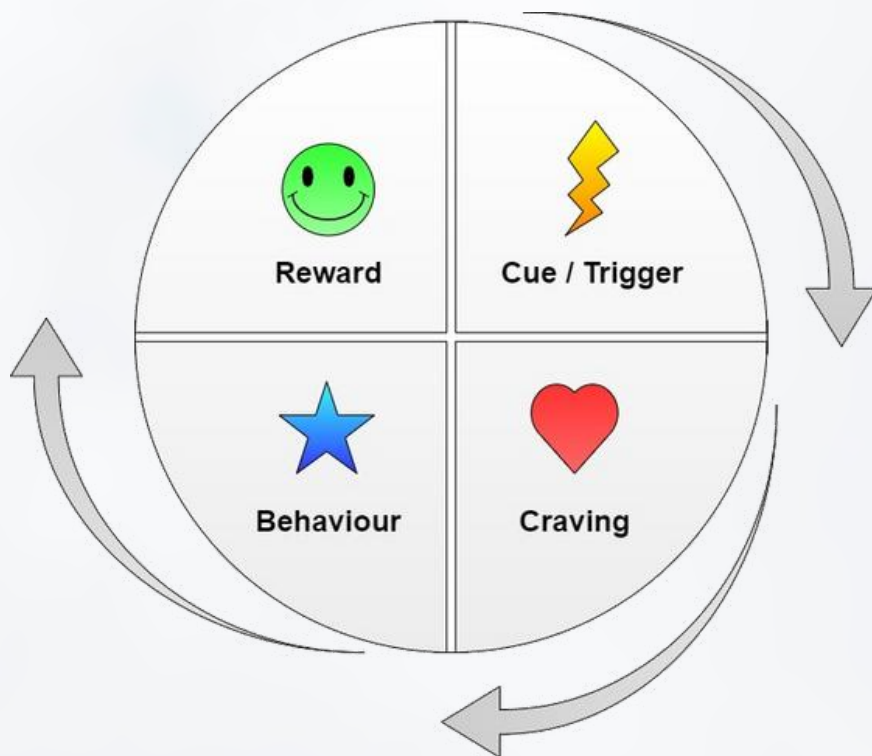
Who covers more area in their lifetime?

In other words, intensity will have to give room to consistency. This means that the habit and new behaviour has to become part of our identity. Instead of focusing on the result it's about the person try we become:

"With outcome-based habits, the focus is on what you want to achieve. With identity-based habits, the focus is on who you wish to become." - James Clear

But this doesn't mean that habits have to be perfect from the start. Remember, the decent method you follow always beats the perfect method that you quit. Now let us dive into what we call building a Habit Loop.

Tip #1 - Design an effective Habit Loop



The Habit Loop shows how the behaviour (the response) is actually influenced by a Cue / Trigger (something that happens) and a subsequent Craving (desire). Then we execute the Behaviour to obtain a specific Reward.

So to strengthen a good habit we have to:

- Make the cue obvious
- Make the craving attractive
- Make the response easy
- Make the reward satisfying

Step 1. Create a visible Cue / Trigger

Creating a visible cue helps to make the behaviour easy to remember / start. Here are three ways to implement a visible cue.

The first method is to use an implementation intention and put it in a visible place. The implementation rule should be written on a note looking like this: I will do [behaviour X] at [place] [time]

Use the rule to transform vague habits into specific habits. From "I'm going to exercise more" to "I will do three sets for my main exercises and four sets for assistance exercises at the gym every Tuesday, Thursday and Saturday at 6 PM for 50 minutes."

The second method is to create visual cues like a sand glass to trigger the habit.

A sand glass can be used for specific time periods, such as 5, 15, 30 or 60 minutes. This makes them ideal to 'turn around' as soon as you see them in order to execute a habit.



In this instance you will see time 'flow' and the time may only be spent on the habit you are trying to cultivate (reading, exercising, learning etc).

A third method is to create a ritual. This enforces consistency because a ritual is always the same. The build-up is always the same. That's why they say not to change a routine that works.

Twyla Tharp, a dancer and choreographer and writer of the book *The Creative Habit* mentions how she uses her rituals:

"I begin each day of my life with a ritual; I wake up at 5:30 A.M., put on my workout clothes, my sweatshirts, and my hat. I walk outside my Manhattan home, hail a taxi, and tell the driver to take me to the Pumping Iron gym at 91st street and First Avenue, where I workout for two hours. The ritual is not the stretching and weight training I put my body through each morning at the gym; the ritual is the cab. The moment I tell the driver where to go I have completed the ritual."

It's a simple act, but doing it the same way each morning makes it repeatable. It reduces the chance that you'd skip or do it differently.

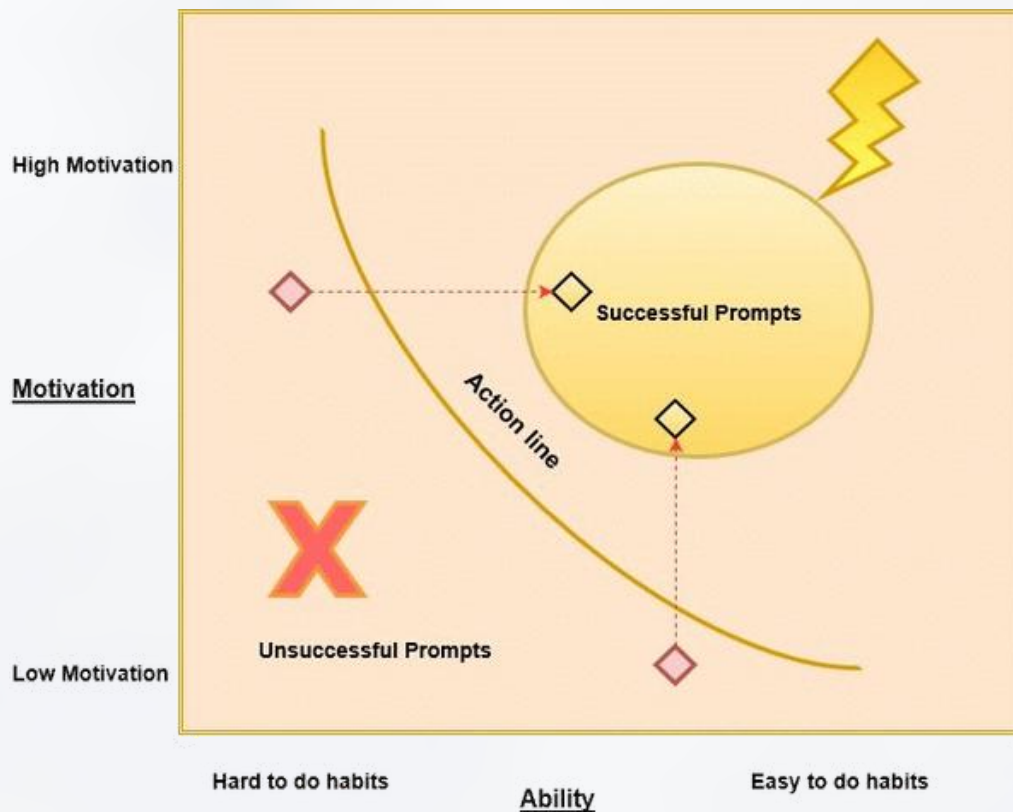
Step 2. Create an attractive craving

Not all activities can be made attractive. If this would be the case we would be responding and doing the activity naturally. But, we can combine the activity that we do not enjoy with something else that makes it just a little bit better. This is called temptation bundling.

For example, if you don't like working out, try combining the workout with music or combine a walk with an audio book. This makes it more stimulating and worth your time. Or, imagine the reward for after the workout vividly, and use it create a strong craving (Netflix can be useful for something).

Step 3. Make the response easy

Behaviour becomes easy when we ensure that either motivation is high or the ability to execute is easy enough, so the action is executed successfully.



The trick is to use the 'hop step jump method' and start small. I recommend starting with 2 minute or 5 minute habits to really get going. Because anything you start is better than everything you only plan.

By focusing on tiny actions, execution of the behaviour becomes adjusted to the energy level that you have. In other words, the execution is more important than what is actually being done or produced. For example, if you don't feel high motivation for the day, make the behaviour a bit easier:

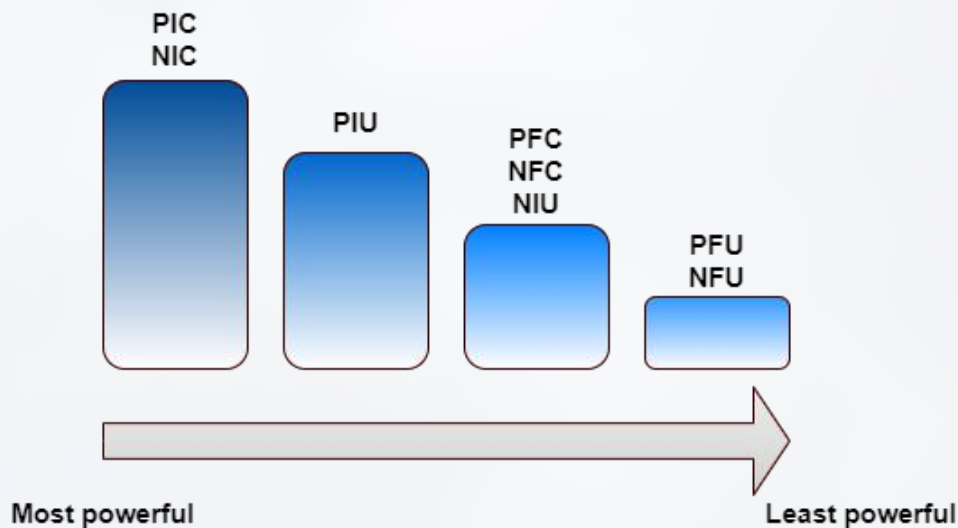
- Run outside for 10 minutes instead of the full hour you promised to yourself yesterday
- Since you're tired, just read 2 pages of a book just so you can mark it off
- Go to the park with your workout clothes or a band and see what happens

Just doing 5 minutes of any task is better than nothing. Remember: use goals as a tool to plan progress, while using a system with tiny actions to make consistent progress. The trick is to ask, "What can I stick to, even on my worst days?"

Step 4. Create a strong reward

Reinforcement theory is a theory that poses that we always act if there is a reward to be gained or a pain to be avoided. In our head, we first compute all the possible scenarios and then select and act on the desired outcome. This is simply how the brains of our ancestors have been designed. So if something will cost us effort, we will evaluate the cost first and then what we get in return. The focus / preference is always on the short term & certain consequences.

The Relative Power of Consequences



This overview shows the characteristics of each type of consequence from most powerful to least powerful:

- PIC / NIC: Positive or Negative consequence / Immediate / Certain
- PIU: Positive consequence / Immediate / Uncertain
- PFC / NFC: Positive or Negative consequence / Future / Certain
- NIU: Negative consequence / Immediate / Uncertain
- PFU / NFU: Positive or Negative consequence / Future / Uncertain

In short, the strongest motivators will always be things that are immediate and certain (on the left side of the graph). This explains why we often choose positive immediate rewards (smoking, drinking, Netflix and binge eating) over short term negative experiences (doing sports, learning a new skill, investing in a long term goal, eating healthy). It's because they give us rewards that are certain and immediate. On the other hand, it also explains why we wave off long term health dangers such as cancer from smoking, or diabetes from obesity (these are negative consequences on the right of the graph). These dangers are far away and uncertain, which doesn't make it easy to be motivated by them. In short, adding uncertainty and delayed time to the consequence of our behaviour will decrease the strength of the motivation.

The solution: Re-framing the Consequences

The solution is to take a different perspective. This method of re-framing the situation changes the uncertainty and the time element of the consequences. There are two ways to do this:

- Step into an imaginary time machine
- Use delayed gratification



1. Step into an imaginary time machine

Imagine fast-forwarding 20 years. Where will you be? Where will you be grateful for? What do you wish you would have changed now? Then realize that you're already paving the path towards that outcome. Each day, you're investing in your future self with the choices of *today*.

How does it feel to become more and more certain of that particular negative outcome? Maybe you have lots of fat belly due to overeating and your lungs are in a bad condition due to smoking. What would your future self say to you right now to avoid that outcome?

The point of the exercise is to make futuristic things immediate, and uncertain things certain, so that the consequences are easier to identify with. This is how we engage our emotions in order to work towards a desirable outcome. Think about this future and let it guide you in your decisions now, in this very moment!

2. Use delayed gratification

Delayed gratification is the act of delaying the rewards but only for a short period of time - so that even though the reward is in the future, it's still certain and almost immediate. Making a reward conditional to the desired behaviour bundles it with a crutch - so you suddenly become motivated when your level of motivation is low.

So yes, cookies, massages, and even Netflix do have their purpose in life. But only after you've deserved them. The key question here is; how can I make rewards more immediate and certain? It will make them stronger.

Bonus tip. Measure your Habits with a Tracker

To measure our habit adherence we have to create the insight how often we follow the habit and how often we don't. It will give us an idea when we are in a 'weak' moment and why.

And this is where a habit tracker can help.



The most basic way to do it is to get a calendar and cross off each time you execute a habit. As time goes by, the calendar becomes a written record of your habit streak.

It has 3 strong reasons why it works.

1. It gives a clear visual cue that prompts you to act, especially if you leave the calendar open in a place where you notice it.
2. It can motivate you with the progress you're making by looking at the visual proof of your work.
3. It feels satisfying to mark off another day because you're focused on the process rather than the result.

Besides those three reasons, it also helps with creating the insight where you fail to comply. You can reflect on those days and try to understand why that happened.

"Your success isn't measured by the amount of approvals you get, but the denials you give to your failures pit." - Goitsewang Mvula



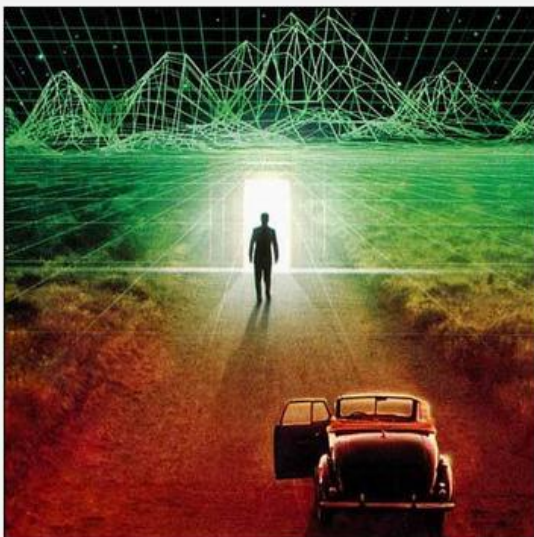
Obtain Results

So far we've seen how we can ignite action and drive consistency in our habits.

The next step is to obtain results by creating a success mindset. This mindset will help you overcome limiting beliefs and doubts you might have.



Obtain Results by Visualizing Success



About 80 to 90% of our thoughts today are also the thoughts of yesterday and tomorrow. This is a major obstacle to create change, because by always thinking the same you also get the same result.

That is why it is essential to get started with new thoughts and to envision a new future.

The goal of visualizing success is to see that you can act differently, that you can be a different person. Compare it to tuning into a radio station - you can never receive an FM station if your antennas are tuned to AM, no matter how much you turn the knobs.

To really receive that FM station, you must also be set to FM. And by working with visualization of your new vision of the future, you provide a practical way to introduce 'new' thoughts to yourself and to receive this new future. It's simple, your input determines your output. So start today dreaming about the person you want to be.

Tip #1 - Who is your hero?

There is a famous speech by Matthew McConaughey when he won the award for the best actor. He was asked who his hero was.

"When I was fifteen years old, I had a very important person in my life come to me and say, "Who's your hero?" And I said . . . "You know who it is? It's me in ten years." So I turned twenty five. Ten years later, that same person comes to me and says, "So, are you a hero?" And I was like, "Not even close! No, no, no." She said, "Why?" I said, "Because my hero's me at thirty five."



"So you see, every day, every week, every month, and every year of my life, my hero's always ten years away. I'm never gonna be my hero. I'm not gonna attain that. I know I'm not, and that's just fine with me, because that keeps me with somebody to keep on chasing. "

In our own lives we can also chase after our hero or heroine. This way you do not base your actions not on the past but on the future - on who you want to be instead of who you are.

In short, either we use visualization and our thoughts as a tool to actively determine our own life path, or we just let life come to us.

Both are programs that we play in our heads. And both work. So the choice is really yours. Do you want to be a loose cannon and stay stuck in the beliefs and patterns of today? Or do you want to work towards a new future with focused intention and imagination?

That's why this exercise is focused on imagining your vision of the future in the form of a hero or heroine. I have to be honest here. You will never achieve your perfect future and that's okay. At least it gives us someone to aspire to.

Now that we talked about the exercise it is time to put it into practice.

Grab a pen and paper and answer a number of questions below that appeal to you. Sketch your vision of the future, who you are, what you feel, and how you act.

What is your transformation story in 5 years? Which hero or heroine will you have become?

How do you feel throughout the day?

What was the catalyst for you to successfully change?

What will you have achieved in the last few years?

Who will you inspire by playing as a hero or heroine?

Who will you help to become a hero or heroine too?

How will your environment change if you play your own hero or heroine?

What would the hero or heroine say to you in this difficult situation?

Tip #2 - Discover your Personality

Obtaining results is also about understanding the strengths and weaknesses of who we are as a person. This is important to take into account, because by exploring our personality we can increase our efficiency, self-knowledge and intrinsic motivation to achieve success

A short disclaimer though. Personality is one of those sensitive subjects where I don't want to take a definitive stance. On the one hand, we all have a specific personality that makes us unique. And parts of that personality are very hard to change.

But on the other hand, if we believe that personality is fixed we won't ever be able to truly change. In this case personality severely limits our perception of who we **can become**.

Personality tests: defining us or limiting us?

Personality tests have become very popular over the years.

But they can create tunnel vision and limit our perceived potential.

The word personality actually comes from the Latin word 'persona'. In the ancient world, a persona was a mask worn by an actor. So our personality is just a mask. One of the many different masks we have in different settings and environments.



Personality: Fixed or Flexible?

“Real people become who they want to be by orienting their life toward their goals, not as a repeat of the past; by acting bravely as their future selves, not by perpetuating who they formerly were.”

Harry Potter was selected by the Sorting Hat to become part of Slytherin. So, he actually wasn't 'born' a Gryffindor. But he made his decision. He saw he could be a Gryffindor. He made his choice. And choice is far more important than our ability or current skill-set.



In this story lies a fundamental truth that we can apply to our own life:

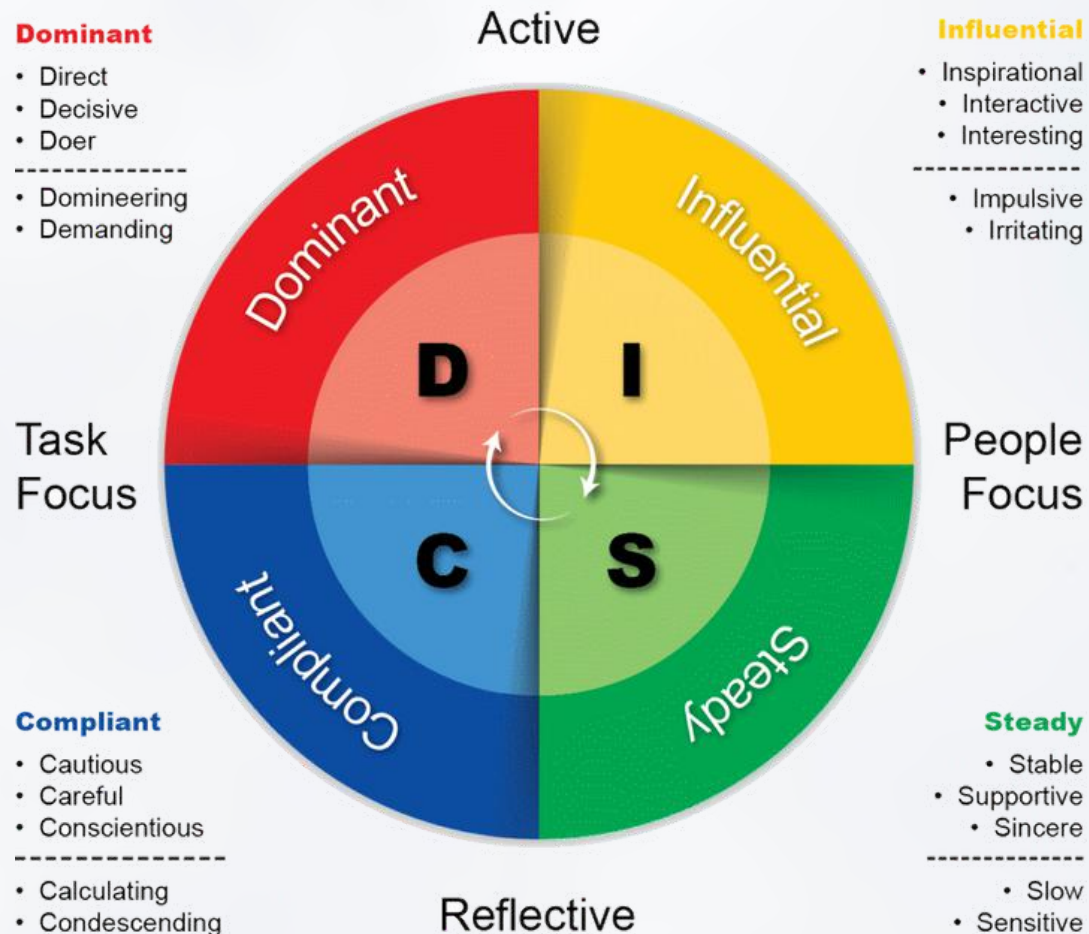
“You become who you choose to be”

The Practical Side of Personality

Insight in your personality can help you to engage your strengths and avoid your pitfalls. In order to do this we have to take a look at the energy form of our personality.

Using DISC to Change Purposefully

The DISC system is a method of categorizing personality traits.



The first question you probably ask yourself is: "What colour strengths do I have?". But bear in mind here that the two key questions actually are:

- "What are the weaknesses and personal pitfalls of my colour?"
- "What other colour should I develop to express myself differently?"

Because yes, it's good to know your strengths. But for transformation it's better to know your weaknesses and personal pitfalls. Balance things out and be aware when a colour is actually blocking you from changing.

In short, don't define your personality on the things you've done in the past. Define yourself by what you are going to be in the future.



Focus on Balance

So far we have discussed three drivers of motivation.

I hope you've learned some good tricks to change your behaviour and how to take a step by step approach to take action, build consistency and obtain results. The next three steps ask you to take a look at the bigger picture of your life.

In green, balance and alignment of priorities becomes important. Because only with harmony between different aspects of your lifestyle does it become possible to create synergy and boost the total result.

Tip #1 - Eliminate the Ineffective

“Besides the noble art of getting things done, there is the noble art of leaving things undone. The wisdom of life consists in the elimination of non-essentials.”

The ultimate form of optimization is elimination. Nothing is more effective than removing the ineffective, and substituting it for more valuable actions that provide more impact / result.

In other words, what are the actions or obstacles that you're currently doing that are actually contradictory to what you are trying to achieve? That's where the biggest bang for your buck is.

For example, you might be working out a lot but still not getting any results. Maybe fast food or alcohol plays a role in this. But even stress or ineffective workouts can be the problem.

Simply said, aligning priorities is about making smarter choices. This can be done by asking a simple question:

- Which current activities / behaviours / thoughts are least aligned with my desire for change?

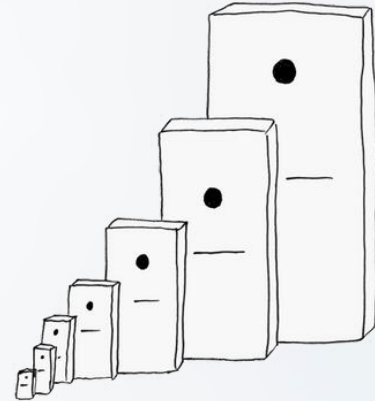
It's an absolute rule in life. You cannot always add more best practices without considering eliminating ineffective ones.

Tip #2 - Focus on the Essential

The second tip to align your priorities is to invert the question:

- Which future activities / behaviours / thoughts are most aligned with my desire for change?

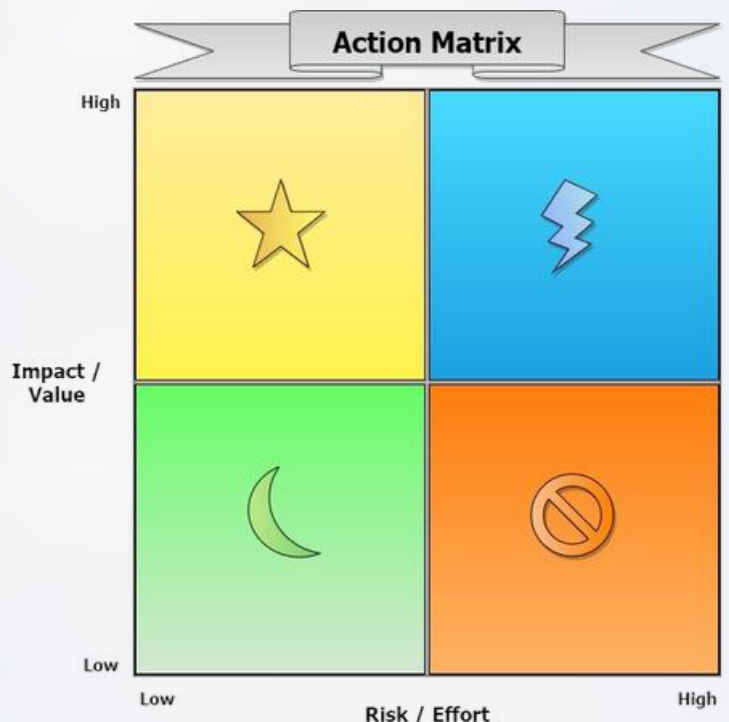
This can lead to smarter choices and less friction. It's like a domino effect that can build up. With each smarter choice you can tackle a bigger domino. This builds on the Pareto principle that 80% of the results come from 20% of the effort. But it has to be the right 20% of actions.



Defining the Right Actions and Priorities

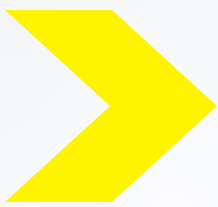
Life is a trade-off. Choosing for one thing means **not** choosing for that other thing. Simply put, you can have anything, but definitely not everything.

This means we have to take a look at the risk / reward ratio of any action we take. If easy actions with high value are not available, do we favor actions that provide us with safety, or actions that have a higher risk but also a higher reward?



What's important to ask yourself here is if the risk is a real risk or if it is just made up. If the risk is cheap, the advice is to fail often. If the risk is expensive its better to plan carefully and be more reserved.

The bottom line of aligning priorities is asking yourself: *"Am I making smart decisions and executing the right actions towards whatever it is that I value?"*



Boost Flow

The next pillar of change and transformation is to boost flow. In this step our focus is on constant adaptation. To go with the flow means making the best of any obstacle on our path, instead of being taken over by emotions when things don't go our way. Because things will go wrong, you will be mad, disappointed or frustrated. The real question is, will you keep going?

Boosting and maintaining flow is a difficult step because it requires the energy to constantly synchronize with the environment. It requires having the ability to continuously adapt to ever-changing circumstances and surprises that come our way.

Tip #1 - Go with the Flow

On the one hand, Flow is a **state** that we can experience.

We can feel flow during sports, reading, painting, and writing and much more. It's the state of optimal experience, feeling totally immersed in the moment. It's when we know and realize we are feeling sharp and alive. As a result of flow, we are giving the moment every bit of our attention.

On the other hand, flow can also be applied to life as an **attitude**.

Living with flow means that you can synchronize yourself with opportunities happening around you. Knowing everything happens for a reason. Let's take an example to see what flow looks like in real life and how to maintain a positive attitude when you experience negative emotions or bad luck.

The Hidden Possibilities in Life

Imagine you are late to catch a bus. You are almost at the stop so you run as fast as possible.

The alternative is to take the next bus, but then you will be late for your important meeting.



The first question would be, if you would run, would you actually make it? This already means you assume that only you are responsible for what happens (whether you catch the bus or not). Let's continue with the story and discuss two different endings.



Scenario 1.

You see the bus and you run. While running you realize you will not make it. What a disappointment. But all of a sudden, somebody delays the bus for one minute by asking the driver a question, allowing you to catch it. Hurray! So, what just happened?

First of all, the two separate events are not causally related. However, together they provide you with the unique outcome that you will still be on time for your meeting. It would be suitable to say that this person was at the right place at the right time for you.

Of course, you could not have known this would happen. That is why this type of coincidence is normally called luck, but it just demonstrates that the world we live in is a dynamic place and that not everything is predictable. Especially the things that outside of our control. So although we can predict the result of our own actions, we cannot predict what we world will do.

Scenario 2.

You've been working on your stamina so now you're actually able to catch the bus. But while running, a person suddenly blocks the way, causing you to fall. At this specific point in time your evaluation of the event would probably lead you to the conclusion that you had bad luck right? This person was at the wrong place at the wrong time.



But what if missing that bus means you would encounter someone on the next bus, and this encounter would significantly change your life in positive ways? Then suddenly this person blocking the way person might have been at the right place and at the right time too!

The point of the story is that we will never know all the possibilities, mutations and different life paths we can take. But regardless, we should be open to any moment and any synchronicity. In short, everything happens for a reason, and you might as well accept it and make the most of it.

Tip #2 - Develop a Stoic Mindset

Stoic philosophy is a practical philosophy that focuses on maintaining a positive attitude. This is especially important when we encounter bad moments and obstacles on our path. Do we let this affect us in a negative way, or do we push forward and stay on the right course?



One example of a true Stoic was Marcus Aurelius. He was the Great Emperor of Rome and at that time the most powerful man in the world. But still, he was constantly struck with bad luck during his reign. A plague, wars, floods, a crisis and family issues were all giving him stress and anxiety.

But Marcus overcame all these obstacles and chose not to be harmed by it. Because he saw each obstacle as a necessary part of the path he had chosen to live. This mindset allowed him to transform bad feelings into resilience, productivity and insight. Here are 3 ways for you to maintain Flow and a Stoic Mindset, so you are not affected by bad things happening in your life:

Ego is the Enemy

Ask yourself from a third person perspective, what would somebody else do in my situation, or what would I suggest to somebody else in this situation?

Ego fools you by identifying with emotions. Ego knows you best, and it plays on your weak points. So the best thing to do is to separate yourself from the ego in order to relieve the emotional pressure.



The Obstacle is the Way

Ask yourself from a utility perspective, this moment is useful for me because ..?

Do you know what's behind mountains? Probably more mountains. Living life as a Stoic means you realize that each challenge is a stepping stone for the next challenge that you will have conquer somewhere in the future.



"The obstacle in the path becomes the path. Never forget, within every obstacle is an opportunity to improve our condition."

- Ryan Holiday, author of *The Obstacle is the Way: The Ancient Art of Turning Adversity to Advantage*

Amor Fati

Ask yourself, from an acceptance / surrender perspective, what can I embrace in this moment as part of my fate?

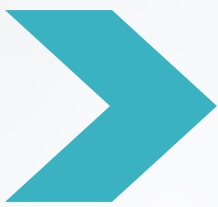
Know you are not in control, and accept that there might be a larger plan for you that you know nothing about. It means taking responsibility for your life, but also recognizing that higher powers might be in play.



Instead of refusing to yield, go along and make the best of something. Think it was meant to happen and be glad that it did.

"That one wants nothing to be different, not forward, not backward, not in all eternity. Not merely bear what is necessary, still less conceal it—all idealism is mendacity in the face of what is necessary—but love it."

- Friedrich Nietzsche



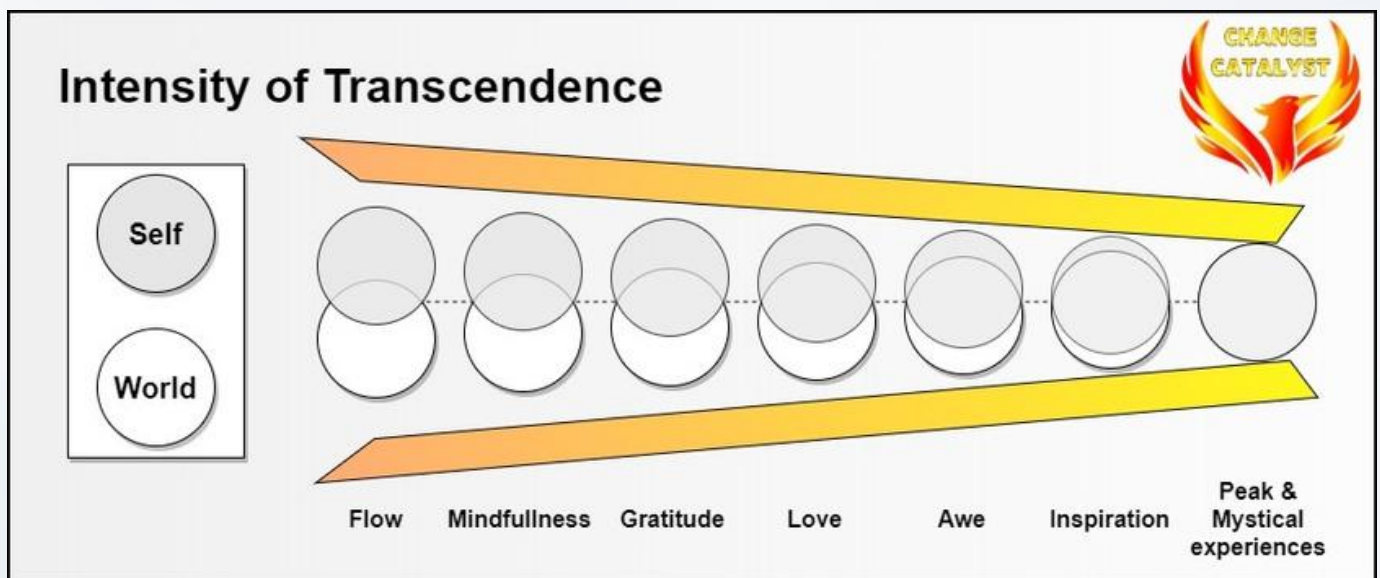
Embrace Unity

The last driver of change is our desire for wholeness and unity. It means we seek to transcend our individual existence and feel connected with a higher power.

When we are feeling particularly mindful of life's wonders, we can experience a special type of connection with the world. For example, when we feel gratitude, love, awe or inspiration. Each of these implies a peak state of consciousness.



We can feel this peak experience during practically any moment as long as we are fully aware of it. For example, it can be an athletic or musical performance, a creative experience, a love experience, childbirth, or a moment where we help someone - all these vivid experiences can serve as the window through which we experience wholeness and a connection with higher powers of the universe.

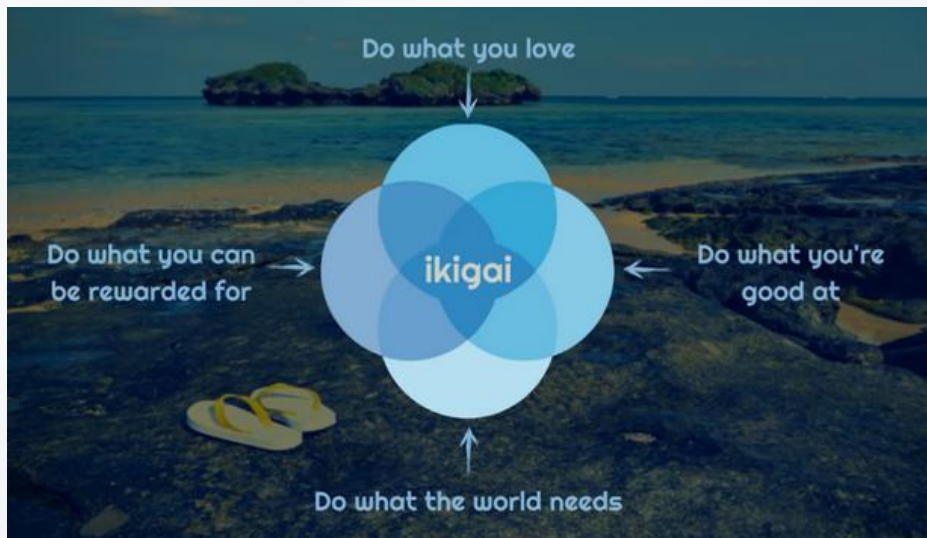


These peak experiences awaken our inner sense of living, allowing us to embrace unity with something bigger than ourselves. Suddenly we realize that the distinction between us and the universe is made up. It's what we construct in our own minds. There is just everything and all of us. We are all stardust.

We come from the same source and we will all return to it as well. So the final step is to transcend our individual existence by learning how to live our purpose and make an impact for the very short time we walk on this earth.

Tip #1 - Find your Ikigai

Ikigai means that you have a dream to pursue when you wake up each morning. It means that you have found a purpose, a reason to live than just for your own good. The concept of Ikigai is derived from Iki, meaning life, and Kai, which roughly translated to 'worth'.



Ikigai basically means that our purpose is something that we do for the benefit of others. By making an impact on others, we can obtain a deep feeling of unity and reason for living. So, Ikigai means to serve, to create, to delight, to provide, to teach, to connect and to build – whatever and with whomever – for as long as it adds to the quality of your life and of others.

“Self-actualizing people are, without a single exception, involved in a cause outside their own skin, in something outside of themselves. They are working at something which fate has called them to them, and which they work at and which they love, so that the work-joy dichotomy in them disappears.” - Abraham Maslow

Living a life with Ikigai therefore means that you have something worthy to live for each day, while obtaining joy and happiness from it.

“What makes ikigai so effective is its inextricable link to a sense of mastery. It emphasises process and immersion rather than a final aim” - Iza Kavedžija

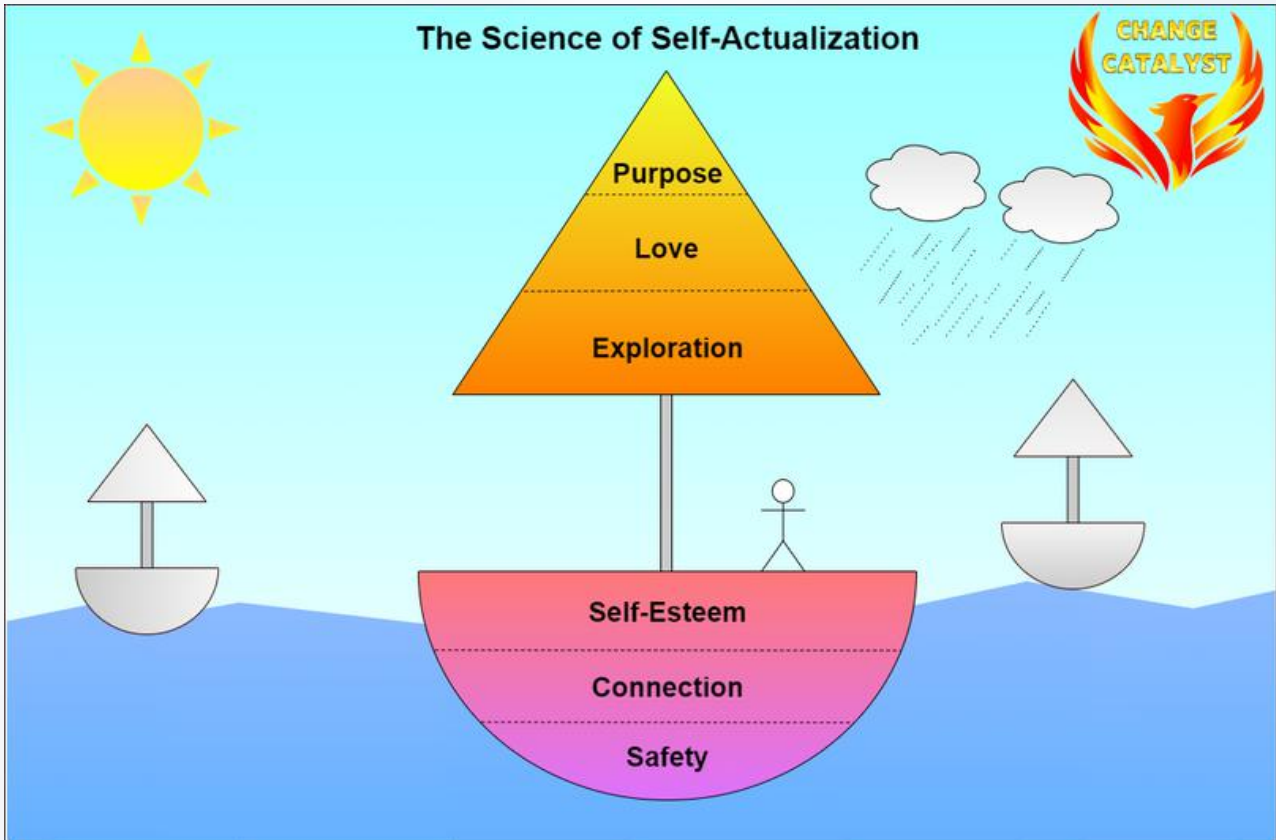
Now most people would start by asking "what is my passion" and go from there. But Cal Newport gives the advice to actually start asking what you can give to the world. Maybe this will inspire you to change because you are not doing it for yourself, but for someone else.

“If you want to love what you do, abandon the passion mindset (“what can the world offer me?”) and instead adopt the craftsman mindset (“what can I offer the world?”).” – Cal Newport

Tip #2 - See Life as a Journey.

Abraham Harold Maslow was a pioneer in the science of human motivation. His theory on human motivation describes that humans are motivated by a hierarchy of needs. This ended up becoming known as Maslow's Pyramid.

But a few years back, Scott Barry Kaufman actually compared the needs of humans with a boat in his book *Transcend: The New Science of Self-Actualization* (a boat again?! Yes because boats are awesome).



In the book *Transcend*, Scott outlines that our human needs are like a boat. The hull signifies the need for security and the sails stand symbol for our capacity to grow. To embrace unity in life it's up to us to ensure all the levels are present, so we can define the course to which we sail. With a strong hull and big sails we can practically reach any island we want to set sail towards.

But don't set your sights on just the horizon. Enjoy the here and the now too. Enjoy the journey. Become the best version of yourself so you can help others build their boat. So they too have a sense of security and the capacity to explore new places. Embrace everything the world has to offer and inspire other people to do the same. Together we are responsible for the evolution and unity of mankind.

Final words

My hope is that this eBook gave you the inspiration and tools that you need to successfully change your life.

I also hope you know by now that change is actually not only about the result.



It's about becoming a better person, pushing towards continual growth by practicing the virtues that are important to you. It's about catalyzing yourself with the right mindset and designing your life with productive habits. Having the insight what your personal pitfalls are and overcoming them. Even though that is never an easy thing to do.

Real change means you're building a new philosophy for yourself, aligning yourself with your future reality. Seeing evolution as a necessary part of life, synchronizing with the world, transcending your individual existence and measuring yourself by the impact you have on others.

To truly live, love and matter. Because you only have 1 life. It's time to ask yourself an important question.

"Am I ready to jump into a new future and become the best version of myself?"

To jump, while having faith that you will build your wings on the way down.



www.ChangeCatalyst.nl

Jump into a New Future

There are two ways to continue.

The first method is trying everything out yourself.

This is called learning through first-hand direct experience.

Hopefully, I've given you the tools to do just that. If you have the confidence in yourself to go do it I admire you. And it means I've done a good job with this eBook.

The second way is to ask someone who has had the experience already. To tell you the ins and outs and guide you through the process.

So, it's now up to you to really make that personal change happen.

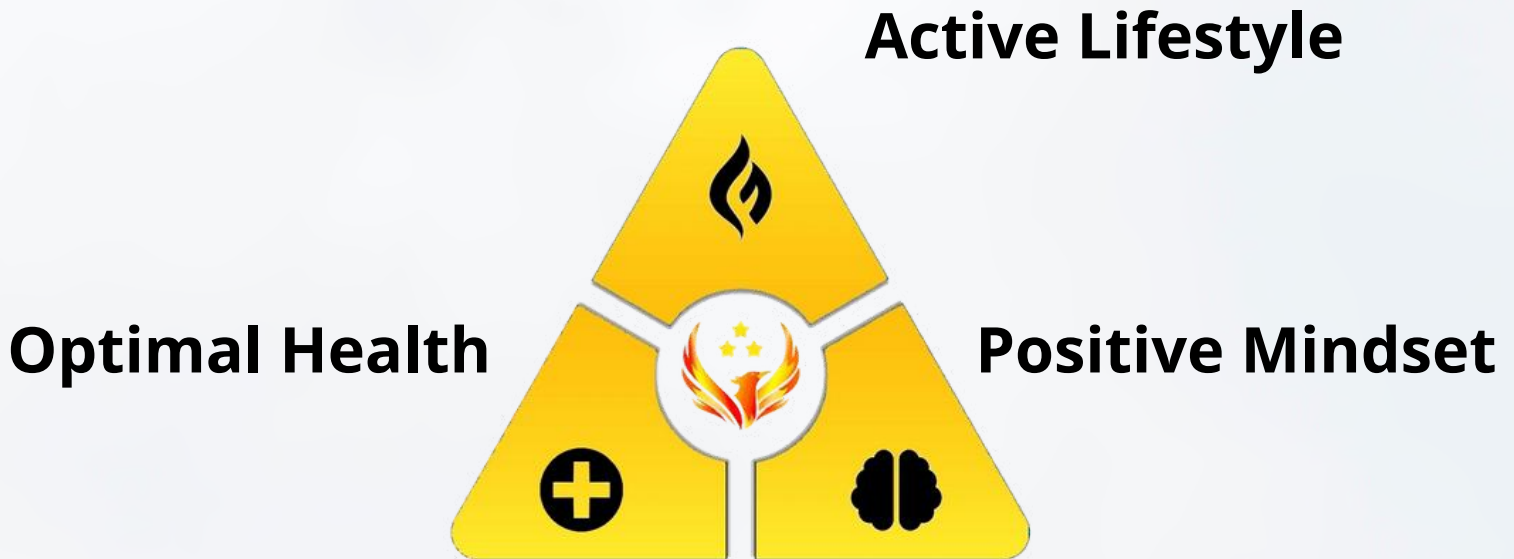
Are you willing to do anything for this?

Are you ready to kickstart your lifestyle, experience new feelings and reach new heights?

Then I introduce you to ...

The Change Catalyst Program

With the Change Catalyst Program you will receive coaching, guidance and accountability services to help you ignite your personal transformation. The 90-Day Change Catalyst program helps you achieve the following three things:



An active lifestyle with sustainable exercise to lose weight efficiently or to build muscle.



A balanced, easy-to-adopt diet that gives you energy & focus, leading to optimal health.



A positive mindset to feel determined every day, so you experience less stress / frustration.

Book a free Strategy Call with me to see if we are a good match!

Other useful links & resources:

- [Link Tree – Change Catalyst](#)

- [Instagram page](#)

Thanks for reading!