

Hey friends



It's Rachel

10 tiny actions to help you change

Change something in your life

If you are reading this, then it tells me you are ready to change something in your life — and that makes me thrilled.

Once you're clear that you are ready for change, you face the next question: How?!

To help, I've created a list of 10 small actions that can be easily incorporated into your daily routine.

Want to combine a few?! Even better.

These tips aren't just theoretical. They form the basis that transforms desire into reality, aiding you in actualizing your goals through action.

I want to see you embrace change confidently and make it permanent so you enjoy your life more. I have no doubt you can.

This free prompt will help show you how.

I'm so glad you are here.

Warmly,
Rachel



01

Make your why obvious.

0 min

One of the main reasons we fail to follow through with a change we want is that we lose sight of the reason behind our desired outcome. This is why minor slip-ups often escalate into give-ups.

To avoid this, write down your “why” and place it in a prominent and frequently visited place you will see every day — a card on your desk, a sticky note on a mirror, at the top of your daily planner...

The objective here is to have this note act as a daily reminder of your goal and the why behind it, one of the most powerful (and underrated) motivators to stay on track.

But also...

02

Put your why on repeat. 2 min

Repetition is a powerful tool for persuasion, and it's one of my favorite strategies for enacting change.

Instead of lengthy journal entries, opt for a small daily commitment: each morning, write down the change you wish to see in your life and your reasons for it.

Phrase it in the present tense, and avoid using words like “want,” “will,” “try,” and so on.

An example I loved from one of my clients was, “I exercise 4-5 days a week to maximize quality time with my kids and set a healthy example for them.”

03

Plan out the week ahead. 5 mins

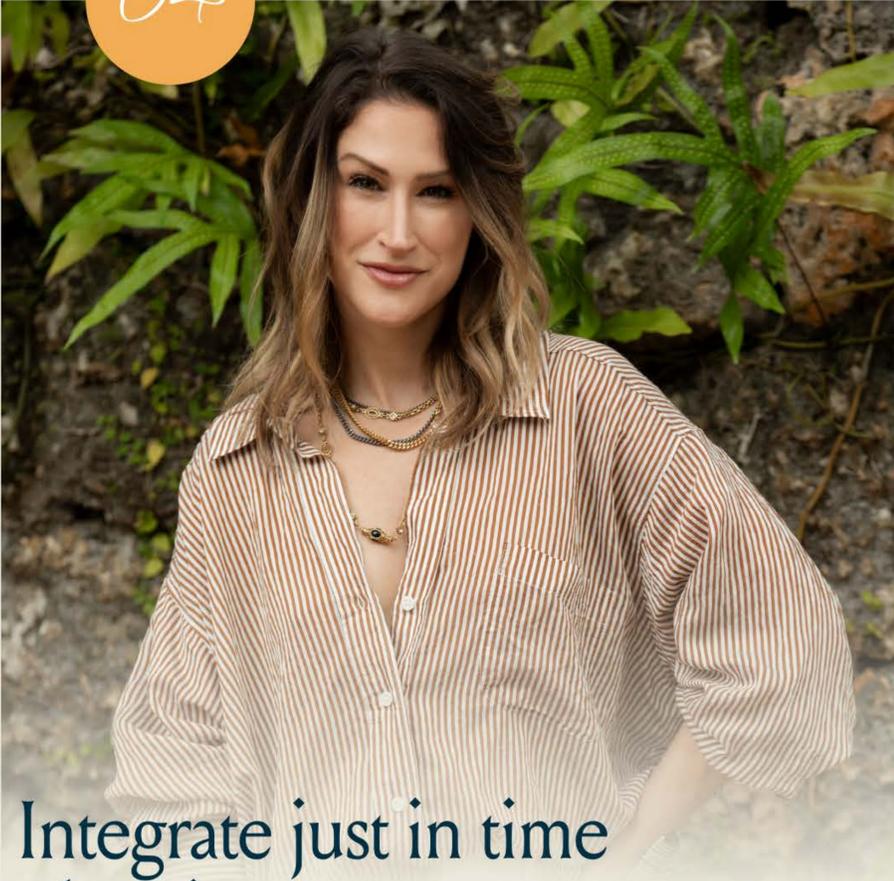
Often, we don't make changes because we aren't specific enough about when and how we will implement them in our week.

Write out in detail when and how you will start making the changes you seek. Then put it in your planner or on your Google calendar. Just make sure your commitments are listed where you'll be reminded of them.

My favorite time to plan is at the start of the week - on Sunday night or Monday morning.

But also...

04



Integrate just in time planning 5 mins

If you've ever listened to Tim Ferris, you're familiar with the power of "just in time" information. It's about having a task to complete in the near future and gathering the right information just in time to assist you.

In the context of change, I refer to this method as 'just-in-time planning'. Suppose your goal is to eat healthier. Right before you attend an enjoyable dinner, outline your eating strategy. Maybe you'll focus on vegetable-based dishes and limit yourself to one cocktail.

By strategizing your game plan just in time, you are more likely to follow through.

05



Read a books on change. 10 mins

When you are looking to do things differently, you need to shift your mindset. And books are where it's at.

Grab a paperback or audio book-it, and off you go. "Atomic Habits" is a cult classic but I also happen to love "Slight Edge, "Hidden Potential: The Science of Achieving Greater Things" and "Breaking the Habit of Being Yourself."

All it takes is 10 pages a night. For a full list of my recommendations, check out my list here.

Stack habits together. 0 mins

When you want to add in a new habit into your routine, stack it with a habit you already do.

Trying to floss more? Do it right before you brush your teeth. Want to journal? Do it right before shutting the lights off. Adding supplements into your routine? Leave them in plain sight (Tip #1) and take em' with breakfast.

06

07

Treat it as an
experiment. 1 day



Often we think making a change is a big commitment, when in reality, most changes we want should be thought of as more of an experiment.

Start with a small commitment and see how it goes.

If it works, stick with it. If not, let it go. Either way, you will learn something new.

Reminding yourself "I can just try this, and it doesn't have to be forever" can often overcome the fear of starting in the first place.

08

Begin again. 1 sec



When you set out to try something new or make a change, you will undoubtedly stumble. Failures, slip-ups, procrastination, delays, and forgetfulness are all part of the process.

In those moments, the only thing you need to remind yourself is, "Begin again."

Then do it. Start again.

Perfect is out. You WILL need to show up and begin again - likely dozens of times - before the change you want to see sticks.



Make it black and white. 0 min

If you want to set yourself up for success, take out the decision making process.

Try making a rule related to your goal.

Try making a rule related to your goal - for example always taking the stairs instead of the escalator.

The fewer decisions you have to make, the less likely you are to convince yourself out of doing what you need to do to achieve your goals.

Read a book (or two) on change. 10 min

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Become clear, then you'll change

Each of these 10 items is a step towards upgrading your life - no matter how little or life transformational the change.

As you apply these actions in your daily routine, you will see how they help you actualize your life the way YOU want.

Now here's your Next Action Steps:

- ✔ If you want more, sign up for my [course waitlist](#) — it's coming soon and built exactly for you - someone who's ready and committed to making a change.
- ✔ Share this guide! Know someone who would love this content? Share this PDF with them.
- ✔ Want a practical change tips from me each week? Every Sunday I send a quick, fun email straight to your inbox—and by downloading this PDF, you're on the the list now. (No action needed, and you can unsubscribe anytime!)
- ✔ Follow me on [Instagram](#). Be sure to follow for practical (and sometimes preposterous) ways to untuck and upgrade your life.

As always, I'm so glad you're here.

Warmly Rachel.