

WELCOME TO THE LOGICAL LEVELS OF CHANGE COURSE

PRACTICAL EXERCISE

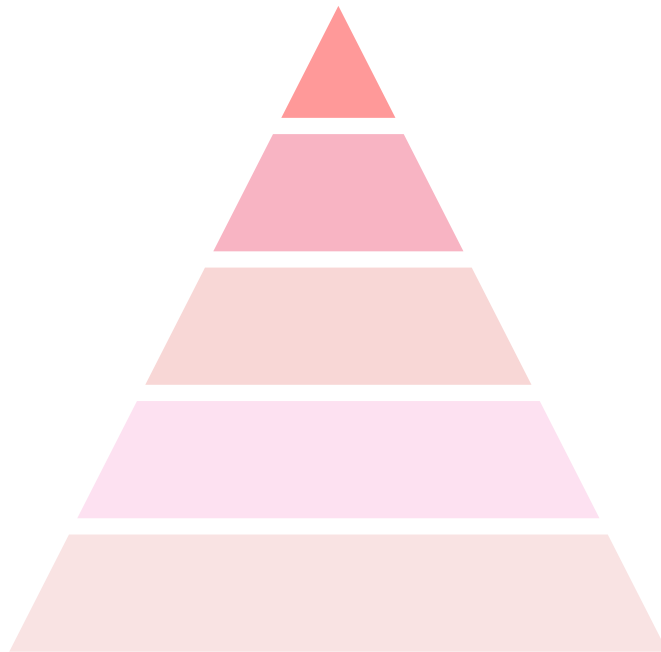


THE HEALTHY HORMONE CLUB MEMBERSHIP

LOGICAL LEVELS OF CHANGE



RECLAIMING THE DRIVERS SEAT FOR YOUR HEALTH



Identity

Beliefs

Skills & capabilities

Behaviours

Environment

*Our beliefs drives our behaviours

Logical levels criteria:

Environment: Current circumstances: Weight, symptom, energy level, eating habits, menstrual cycle or exercise routine. (Mostly the things(s) a person want to improve)

Behaviours: The action and reaction of a person in a particular environment. Examples: Cooking food at home or ordering takeaways; going to the gym or skipping classes etc.

Skills & capabilities: 'How to' level. Such as technical competencies (cooking) and time management or 'soft' skills such as the ability to adapt to change.

Beliefs: 'Why' level. The reasons behind certain behaviours. Beliefs can reinforce or undermine capacities and skills as well as the actions we take. How you see yourself, will determine what is possible for you.

Identity: 'How are you' level. Identify with sense of self-worth; the self-realisation a person identifies with a job, a diagnosis (PCOS/Endometriosis), a stage in life such as teenage years, reproductive years, motherhood or menopause, or you identify with a symptom such as weight.

Logical levels example:

Susan desperately wants to lose weight (a symptom listed in her environment in first level), and starts yet again the latest trendy diet. In the beginning, she loses weight because she chooses to cook food at home rather than to order takeaways (Behaviour listed in the second level).

Within a few weeks, she falls back into her old habits of ordering takeaways, and yet again feels guilty for not 'sticking to her diet'. She struggles to implement her new skill of cooking at home (third level), because she believes (fourth level) that she does not have the time or energy, and that she identifies (fifth level) with someone who will always struggle to lose weight.

LOGICAL LEVELS OF CHANGE



Figure 2: Criteria above and below the surface

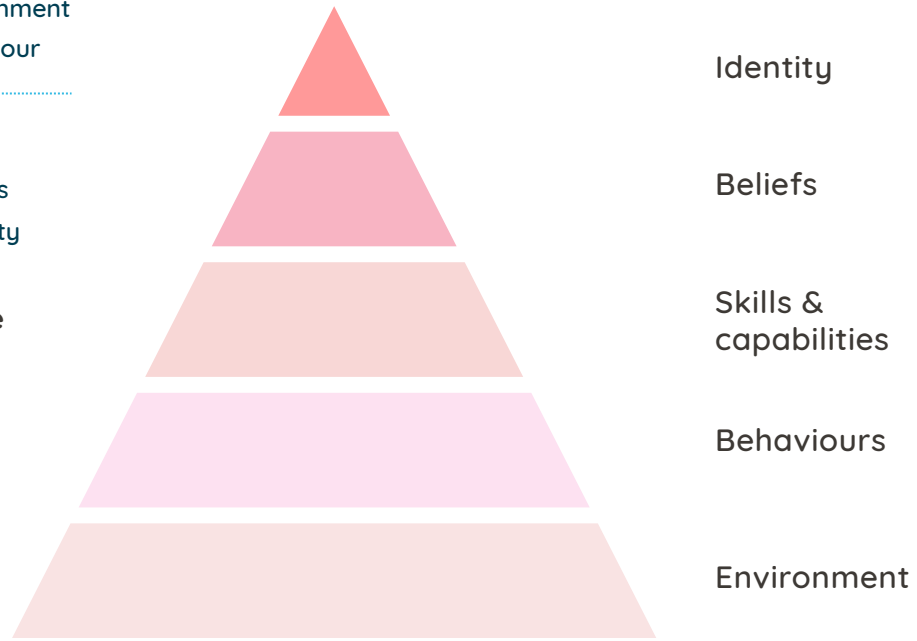


Figure 3: The current you

THE NEW YOU

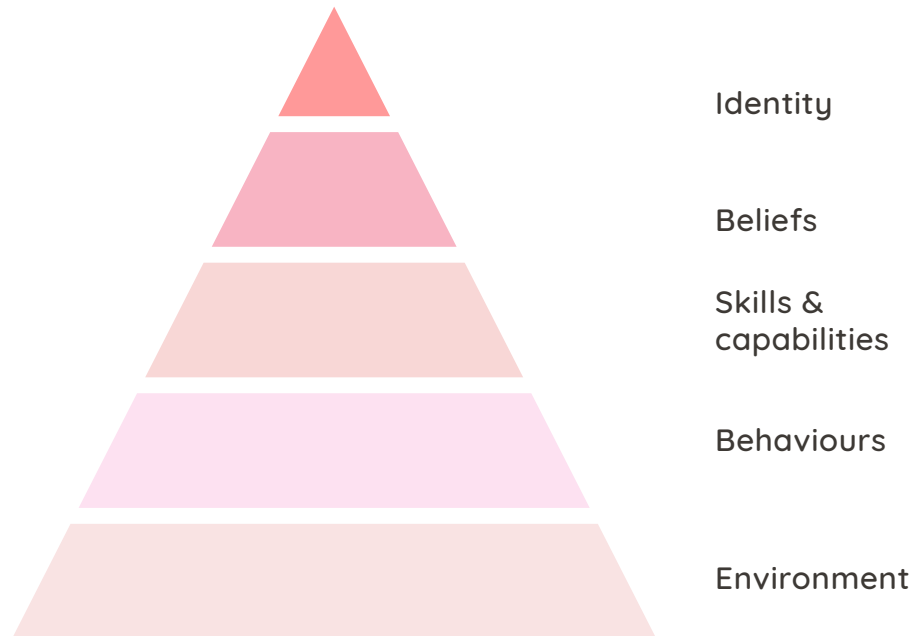


Figure 4: The NEW you