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EMPOWERMENT



**Things Worth Considering**  
Thursday at 5 PM Pacific /8 PM Eastern  
**October 24th 2019: Changing for Good. Why we Change, Why we Don't**

We all think about making changes in our life, we plan it, we talk to other people, maybe we even commit publicly to things we are sure we will do ... and then we never do them! Do you WANT to change? Today we share some useful ideas that researchers have discovered about the stages of change. Yes, there are actual stages we all go through to move to actual change. We look at the stages and even provide you with what the resistance behaviours and feelings are so you can perhaps identify which stage you are at. Research evidence suggests that individuals following these stages achieve higher deg

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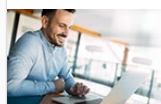


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