

6 STEP BLUEPRINT HOW TO MAKE CHANGES TODAY

"If you want to make changes in your life, start by changing your daily habits."

- Molly Harvey



Until 2014, I have never allowed things to stop me or get in my way; family was my number one value. I had been happily married for over 24 years, yet something so deep inside me, call it soul's knowing, knew our marriage had come to a natural ending. Life as I had known it came crashing down around me and fell apart over the next six years. I got divorced, moved house four times and in 2018 I was buried alive in an avalanche of grief and sadness when in one year I lost 3 members of my family, 3 good friends and Alfie the cat. Like never before I had to Make Changes Not Excuses.

THE '6 STEP BLUEPRINT HOW TO MAKE CHANGES TODAY' IS MY GIFT TO YOU

The steps shared are how I overcame my excuses and let go to make the changes that needed to be made. I hope you implement some of the steps into your own life and I would love to see you at a '*Women Making Changes*' event soon.

"Get up; take the next tiny step when you don't feel like it." – Molly Harvey

STEP 1 – STEP OUT OF THE SHADOWS

Where in your life are you living in the shadows?

What if today you made changes and let go of yesterday's excuses, what would it feel like?

I encourage you to step out of the shadows; your light is needed right now in the world.

STEP 2 – STOP THINKING ABOUT WHAT YOU NO LONGER WANT

When I meet people, they are so good at telling me what they no longer want in their life and they seem to get great joy sharing it over and over again. What they don't realise is when you keep talking about what you don't want in life, it keeps showing up in your life, yes everything you don't want. I encourage you right now to grab your journal and write out a list of what you really really want in life from this moment on. Make changes today.

STEP 3 – STOP MEASURING YOURSELF AGAINST OTHERS

Have you ever compared yourself to someone else with thoughts like why can't I weigh 9 stone like she does? Or I wish I was as successful as him. If you have ever compared yourself to others, I am encouraging you right now to call back your energy, pay attention and focus on your own life.

STEP 4 – NO EXCUSES JOURNAL

What if you kept a no excuses journal for 66 days? That would mean being truly accountable for your excuses. The excuses that currently hold you back in life. Make changes and start a no excuses journal today.

STEP 5 – YOU WILL NEVER FEEL LIKE IT

Motivation alone very often doesn't work, it works in the short term, however it is the discipline of the right habits that work in the long term. Let's be honest, when we start any new project it feels great in the beginning but half way through it becomes sticky and challenging, that's when the excuses start like 'I don't feel like it'. That's when you need to make changes not excuses.

STEP 6 – LET GO OF YESTERDAY

Yesterday ended last night, yet for most human beings they carry the baggage of yesterday around with them into the present moment and the future. I encourage you today to look for the blessings in the bad experiences then make a decision to move on with your life. You cannot change the past, however you can make new choices in the present and in the future that you have yet to live.

WHAT OUR COMMUNITY ARE SAYING

"Feeling the call to service in a world in which 1 Million species are at the brink of extinction, \$63T World Debt has been accumulated, effects of Climate Change force us into large scale migration and a Global Pandemic is sweeping our Earth, there truly is no better time to make changes not excuses. Molly's amazing book is a roadmap of empowered change for individuals that are called to show up fully, draw from their authentic core and embrace this time of radical collective standstill so that we can revision our purpose and impact as a species on Earth. I highly recommend this book for anybody who is feeling the nudge to embrace change in order to step-up more fully and own their inherent potential to create a positive impact."

CHRISTIANE PEDROS, Executive Director of The Fountain, Sacred Economics in Service to Sacred Lands and Cultures

"The OWL Programme has been invaluable to my professional development as a young leader; providing me with clear direction and ambition, whilst allowing me to thrive in a fast paced challenging environment."

STEPHANIE DOYLE, Head of Digital - The City of Liverpool College

"Molly has been an inspiration since I first met her in 2014. She is always full of positive energy, wise words and someone who enables one to reflect and think through challenges. Molly is one of those people you feel incredibly lucky to have met, to know and to have in your life."

SHEILA LUMSDEN, OBE FCG, Deputy Regional Director Europe – British Council

"Clarity of thought can be so difficult when you are stressed or feeling overwhelmed, especially since the world changed so profoundly. Molly Harvey's wonderful little book helps you step back, recognise how we all self-sabotage sometimes, see the bigger picture, gain clarity and a sense of purpose and then provides loads of practical ways to 'un-stick' ourselves and move towards a more empowering future. Highly recommended."

ROY SHEPPARD, Author of 'How to be Loved: from Dating to Mating'

"In a world of uncertainty we need to once more find our foundations and our anchors. This succinct and simple book contains profound lessons for life. It will help re-centre us and provide space for us to grow with meaning and purpose. Read slowly and take time to digest its wisdom. You'll be glad you did."

PAUL McGEE, Sunday Times Best Selling Author and International Speaker



WOMEN MAKING CHANGES

MAKING CHANGES TAKING ACTION TODAY

STEP 1

Now you have the 6 step blueprint for making changes, let go of your excuses today.

STEP 2

Grab the 'Making Changes Not Excuses' book (loaded with practical how to make changes).

STEP 3

Get in touch with Molly and her team at molly@mollyharvey.com to find out about the Women Making Changes Movement and coaching. For all other programmes available visit <http://www.harveyglobal.com>

**STEP OUT
MAKE CHANGES TODAY**

Love Molly