

Develop Your Sustainability Strategy

Develop Your Sustainability Strategy Using the Freeze Frame® Technique

1. What were the most impactful things that inspired me from this program?

2. How can this become a regular, actionable practice?

3. If I am to achieve my future vision, what am I willing to commit to doing?

After doing this Freeze Frame – *Ask:*

4. When is the soonest I can do it?

5. What technique(s) that I've learned could I practice to sustain beneficial attitude shifts?

6. How will I remember to practice? This is vital to an effective strategy.

7. What challenges may get in the way?

8. Who can support me?

Follow-through: Key to Transformation

1. Good intentions aren't enough: the fade factor.
2. The techniques work, but only if you use them.
3. A key to sustaining your strategy is remembering to practice.
4. Consistent practice of practicing a technique to Prep, and Shift and Reset throughout the day is essential.
5. Ask: "What am I feeding the energy field?"
6. Try to identify unconscious baselines and do a "turn-around."