

# ONE SMALL CHANGE CAN MAKE ALL THE DIFFERENCE

## Day 4

[Jump to the task for today](#)

Are you motivated to make changes? Knowing that the only thing you can really change in life is yourself, is great motivation for getting things done and forming a better life.

Making a list of everything you want to change and trying to do it all at once can be very daunting and is likely to fail.

1. Pick one thing you want to change at the start of the week.  
Let's take the example from something in yesterday's video. For example, I want to replace my 11am chocolate biscuit, with a healthy snack.
2. Decide how, when and where you're going to make the change.  
I'm going to make sure I'm not hungry when I go to the shops.  
I'm going to purposely buy apples and almond butter to have as a snack instead and I'm not going to buy the biscuits.  
At 11am make the time to enjoy your new snack.  
Make it a ritual and give yourself a pat on the back for doing it.
3. After you have set his new habit in motion, and have successfully not had that 11am biscuit and instead have eaten a healthy snack, decide what to accomplish next.

## **What if I'm struggling to even find the motivation?**

Having the motivation to make changes is the first and an important step. What what if there are emotional blocks which are getting in the way of making those changes or finding that motivation.

That is where both Homeopathy and EFT (Emotional Freedom Technique, also known as tapping) can really help.

Join us in the group tonight for a bonus session with the amazing Fiona Dilston. Fiona is an experienced EFT teacher and practitioner and she will show you how to use EFT to help release those emotional blocks which may be holding you back.

This session is especially important right now, as our current global situation is a worry for many many people.

### **Task for today**

Make a list of any of the trigger items from Day 3, and let us know in the comments which ones you want to change.

I'll check back with you over the coming days to get an update on your progress.

And.

Join us for the EFT session this evening at 7.30pm GMT with the amazing Fiona Dilstong. Fiona will introduce EFT (or Tapping) to you and we'll learn how to break through the resistance which might be holding you back from making the changes needed for a better menopause.