

BUTTERFLY THINKING



Transforming from a caterpillar to a butterfly might give you a higher point-of-view, but it will require work to learn how to fly with your new wings! Follow these strategies for sustaining a Level One Lifestyle. Take notes for action steps in each strategy as your research and identify possible solutions.

LEAVE THE GARDEN

Sometimes abstaining from specific events, food, drinks, or social circles is the best short-term option for nurturing a lifestyle change. Exchanging is another great option as it gives you a behavioral game-plan when you find yourself in triggering situations. Fill in the follow action plan along these lines and add any other exchange you'd like to incorporate in the last sentence!

When I feel like getting out of the house, I will go to _____ instead of _____. If I'm at a party, holiday get-together, or just an event with family or friends, I will eat _____ instead of _____, and drink _____ instead of _____. Additionally, when I'm even thinking about _____, I will take a mindful moment and pivot to _____.

FIND A CAUSE

Donating our time, money, and/or passion to a cause outside ourselves can be a fulfilling pursuit that will help you sustain your new direction. Identify at least two causes you are passionate about. They do not have to be charities or financial donations, but they can be.

CAUSE 1
CAUSE 2

FIND YOUR TRIBE

Finding a new tribe of people who you can connect with, follow, and learn from is a great way to maintain forward momentum. Write down three groups or programs in your local area or online that you could plug into when the time comes. If you are having a hard time identifying pre-existing groups, use the spaces to come up with ideas for starting your own and cultivate the culture you're seeking!

TRIBE 1
TRIBE 2
TRIBE 3

SHARPEN YOUR AXE

Abraham Lincoln said "give me six hours to chop down a tree and I'll spend the first four sharpening my axe." Identify three ways you intend to keep your mind, body, and skills sharp in the coming months.

HOW I WILL KEEP MY MIND SHARP
HOW I WILL KEEP MY BODY SHARP
HOW I WILL KEEP MY SKILLS SHARP