

Presented by BU Happiness College

# Making Big Life Changes

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"Don't be afraid to give up the good to go for  
the great" - John D Rockefeller



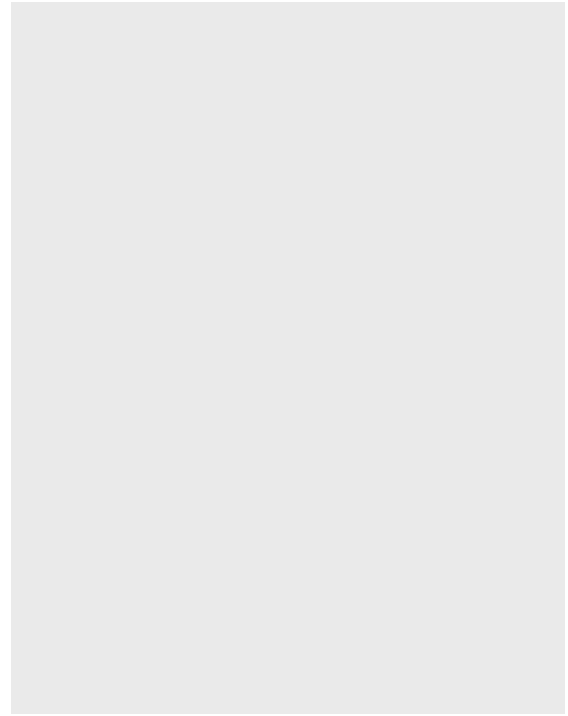
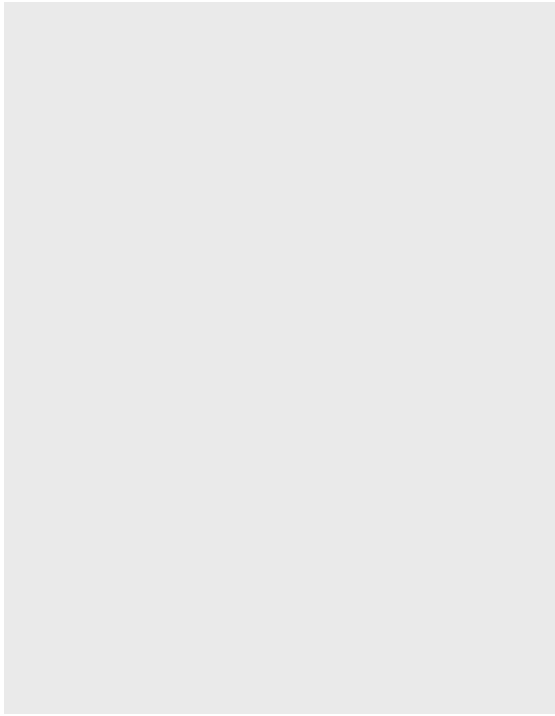
# What Are Big Life Changes?



Unexpected &  
Unintentional



Anticipated &  
Intentional



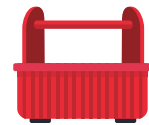
## Commonalities of Big Life Changes



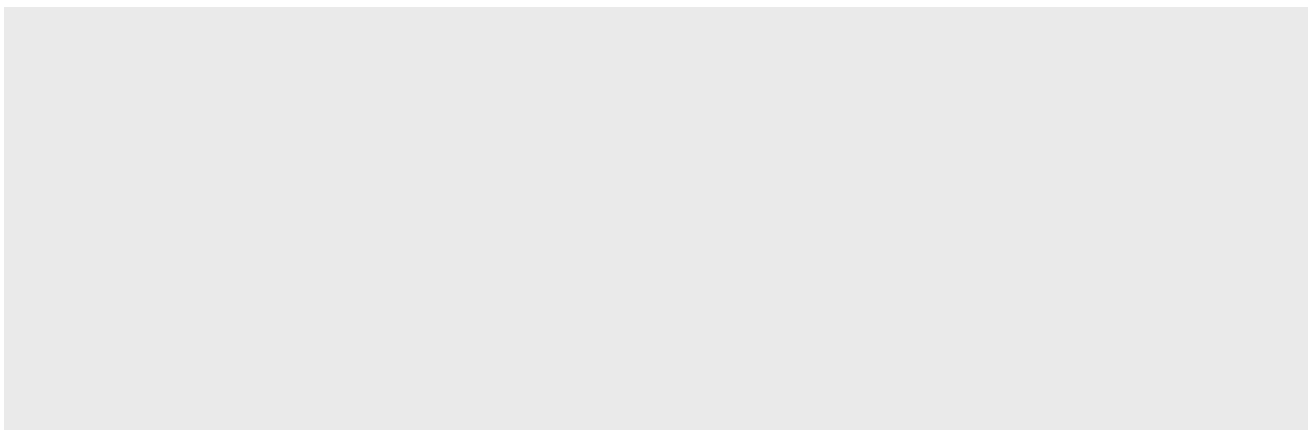
Shift Identity



Disrupt Patterns



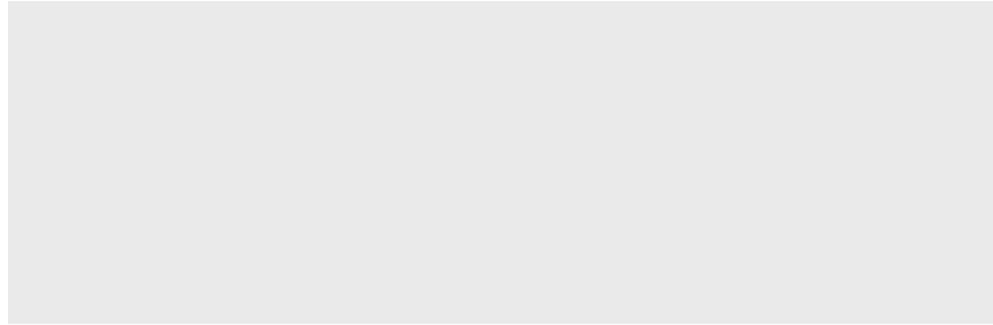
Stretch Toolkit



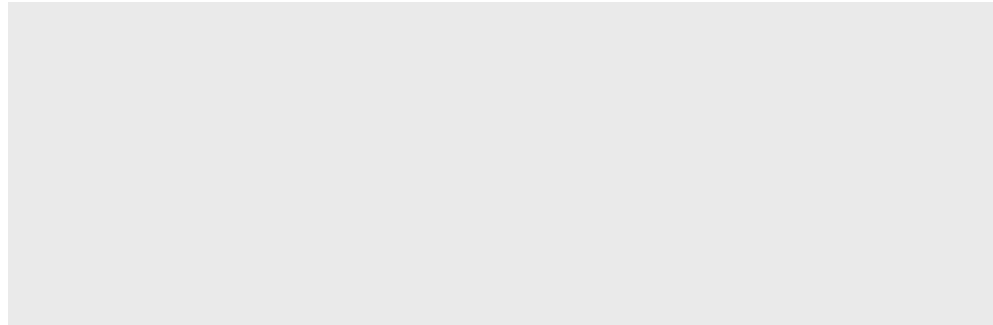


# Staying Grounded During Unexpected Change

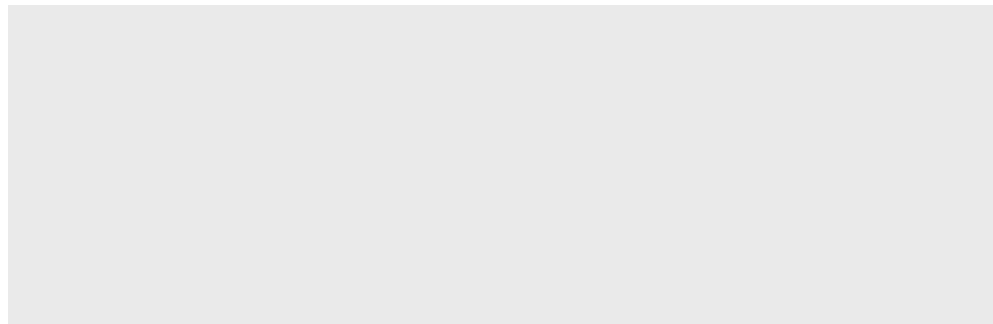
**Mindfulness (Stay in touch with the present)**



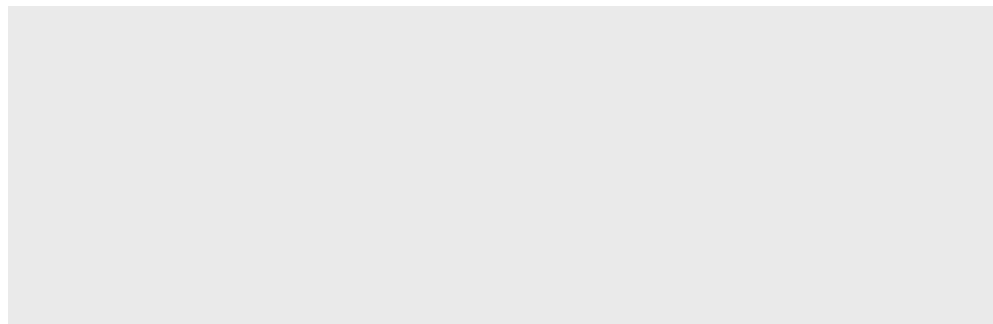
**Maintain stability where possible**



**Establish new structure**



**Accept grief & loss**



# Recognising the Signals For Intentional Change



**Your current life is negatively impacting your physical and mental health**



**You're feeling stuck & uninspired**



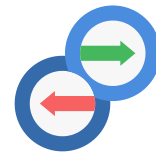
**You've developed unhealthy coping mechanisms**



**Your mind consistently explores the same change**



**You live predominantly in the past or in a dream future**

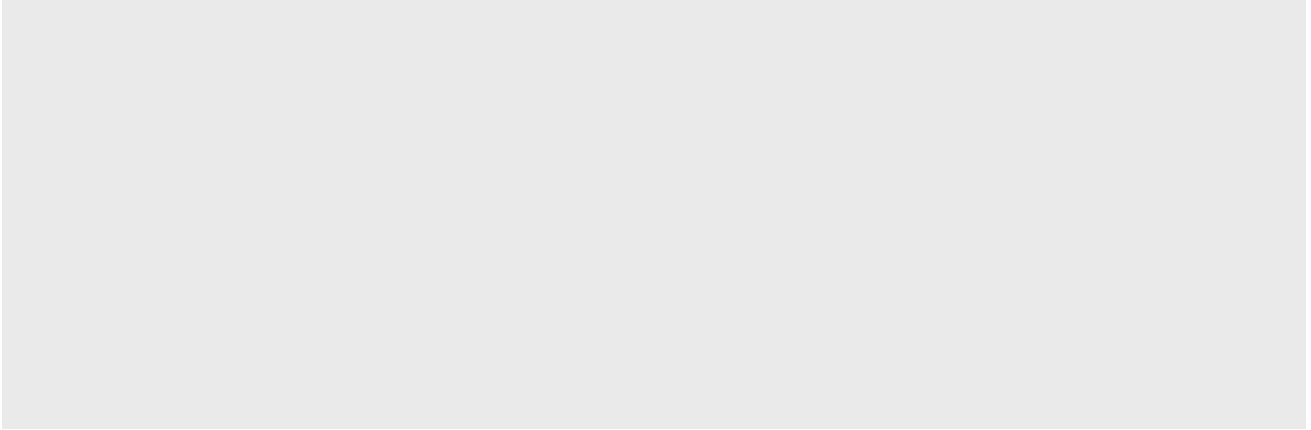


**You simultaneously fear and crave change.**

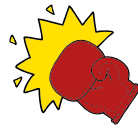
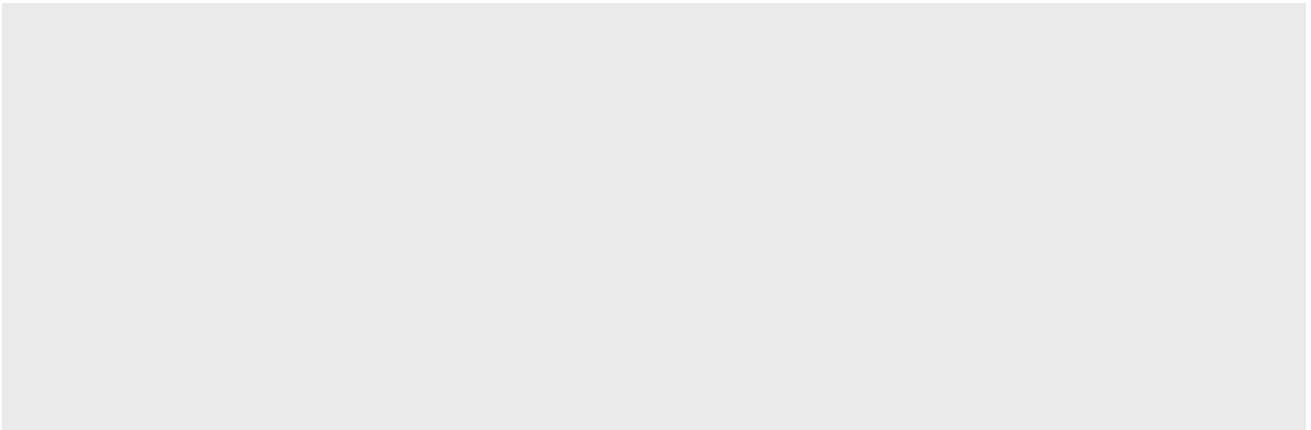
# The Elevating Signs



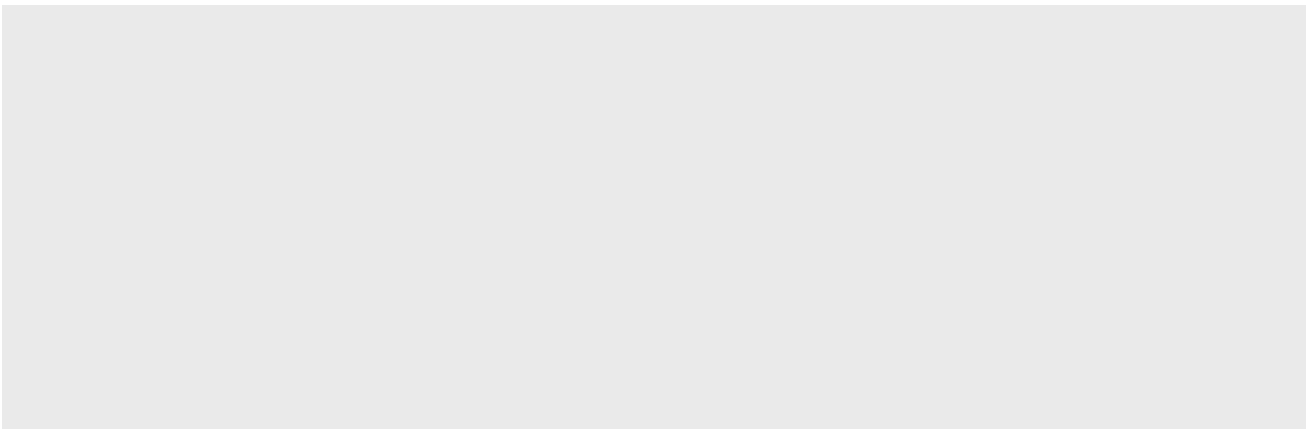
## Stage 1: The Poke



## Stage 2: The Push



## Stage 3: The Punch



# Stacking the Deck in Your Favour



**Pick your discomfort**



**Stay connected to your values & reasons**



**Honour your survival needs, but don't let them define you**



**Have a strong support system in place**



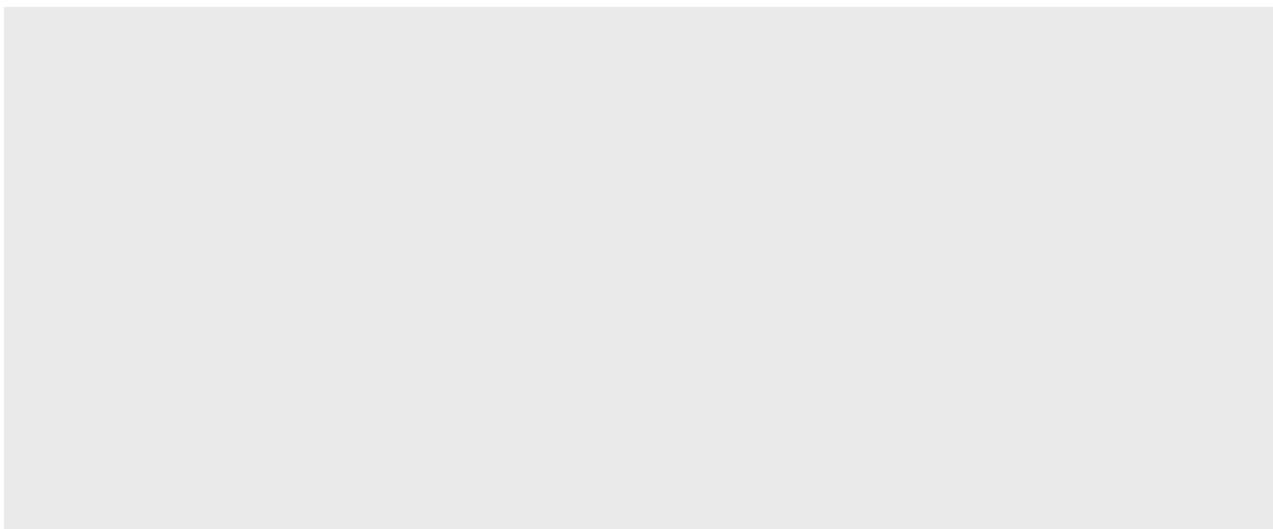
**Practice acceptance, trust, and surrender**



**Be remarkably intentional with your decisions**



**Use your strengths**





A photograph of a person's hands writing in a notebook with a pen. The person is wearing a dark shirt. The background is softly blurred, showing what appears to be a window with light-colored curtains.

# Key Takeaways

Takeaway 1...

Takeaway 2...

Takeaway 3...