

*Change Your Thoughts, Change Your Health*  
*November Session*

**Importance of Group Connection:**

How are you encouraging each other and meeting during the month?

**Review of October teaching:**

Overcoming Triggers, Challenges and Setbacks

1. Common challenges
2. Circle of Control
3. Tips for overcoming triggers and setbacks (Even If vs. What If)

**November Teaching:**

Stress

1. Impact of stress on your health
  
  
  
  
  
2. Ways to prevent & overcome stress

## Bringing it all together: Change Model

- $P \times V \times F > R$

P = Pain of not changing

V = clear Vision for how you will feel & live differently if you change

F = specific and realistic First steps

All have to be greater than: R = Resistance

## Topics for Small Group Today

1. If, 30 days from now, you have not put your Practical How and Spiritual How into practice, what has gone wrong? Write out everything that you can envision getting in your way, including things that have tripped you up in the past.
2. Pre-frame: write down the things you can do to prevent or overcome those setbacks you just listed. Be prepared to share with your group next month and ask for support.

## Self-Reflection for the Month:

1. Use the change model and fill in the blanks for yourself. What is the pain associated with the current state and how will it feel a year from now and 5 years from, if nothing changes? What is your vision for yourself and how will you feel and live differently if you succeed? What benefits are there? What are your practical and spiritual “hows” to get you started on first steps? Is your Resistance to change or staying in the current state greater than all of those?