

# Five Levels of Deep Change

## MAKING THE CHANGES

### **Environment:**

What do you need to remove or add? Can you personally remove yourself from your environment?

### **Behaviors:**

What actions do you need to start or stop doing in order to keep the environmental change?

### **Capabilities:**

What gets in the way - physically or psychologically - of you doing those behaviors?

### **Beliefs:**

What do you "know" about your capabilities that causes you to accept those limitations?

### **Identity:**

What persona of yours would have different beliefs that would allow you to overcome the limitations of your beliefs?

