

Change Anything™ Course Details

Change Anything Training™ is a classroom course that teaches a breakthrough methodology for solving any individual behavior challenge. Through targeted practice, group activities, video case studies, games, and self-reflection, individuals learn to recognize the personal, social, and environmental forces of influence currently working against them – and then turn them in their favor. By doing so, they become more engaged and productive, and ten times more likely to solve complex problems.

<p>Lesson One: Introduction</p>	<ul style="list-style-type: none"> • Uncover potential career-limiting habits. • Learn to avoid the Willpower Trap. • Choose a personal change challenge. • Draft a meaningful results statement.
<p>Lesson Two: Create Vital Behaviors</p>	<ul style="list-style-type: none"> • Learn the power of being both the scientist and the subject. • Identify crucial moments. • Create vital behaviors.
<p>Lesson Three: See All Six Sources</p>	<ul style="list-style-type: none"> • Uncover the two factors that drive behavior: motivation and ability. • Learn to “see” the Six Sources of Influence.
<p>Lesson Four: Love What You Hate</p>	<ul style="list-style-type: none"> • Define personal motivation. • Learn how to get personal motivation working for you rather than against you. Use value words. • Refute your self-justifying story. • Draft a personal motivation statement.
<p>Lesson Five: Do What You Can't</p>	<ul style="list-style-type: none"> • Define personal ability. • Recognize that new habits almost always require new skills. • Identify the skills you need. • Conduct a skill scan.
<p>Lesson Six: Turn Accomplices Into Friends</p>	<ul style="list-style-type: none"> • Learn the five roles of social influence. • Identify the steps to holding a transformation conversation. • Identify your friends and accomplices. • Change the mix of friends and accomplices.
<p>Lesson Seven: Invert Your Economy</p>	<ul style="list-style-type: none"> • Define structural motivation. • Learn to recognize the costs of bad habits and the rewards of good habits. • Use rewards by targeting small wins. • Put something at risk by tapping into the power of loss aversion.
<p>Lesson Eight: Control Your Space</p>	<ul style="list-style-type: none"> • Define structural ability. • Use the physical environment to make bad behavior harder and good behavior easier. • Learn to build fences, manage distance, and use tools and cues.
<p>Lesson Nine: Change Anything</p>	<ul style="list-style-type: none"> • Discover the tools for “putting it all together.” • Turn bad days into good data. • Connect with ChangeAnything.com. • Fill out your Change Plan: My First Experiment.



Participant Materials

- 8 ½ x 11 Participant Toolkit with robust change appendix (110 total pages)
- The Science-of-Change Model card
- Change Anything “Big idea” card
- Change Anything Audio Companion (4-CD set wherein the *New York Times* bestselling authors of *Change Anything* dive deeper into targeted change tactics)
- Bestselling book *Change Anything: The New Science of Personal Success*
- Changer coin
- A free subscription to the *Crucial Skills Newsletter*, a weekly e-mail service
- Access to our additional learning resources at www.crucialskills.com