

The Change Cycle

See Do Get

How we see the world drives our behaviours or actions, and it is what we do that determines the results we get.

The results we get then reinforce our view of the world.

How we see the world is influenced by our values, upbringing, past experiences, our friends and family etc.

A sustainable change in the results we are receiving can only be driven by a sustainable change in our behaviours.

A sustainable change in our behaviours will not occur unless we change the way we see the world.

Therefore to get a sustainable change in our results, we need to go back and test how we see the world. If you cannot change your “see” of the world, you will not be able to sustainably change your results.

That is why people who go through a “life changing” experience, will often change their way of life and end up getting a different result. Or you will not be able to stop smoking unless you change the way you see smoking.

A change in your **See** will change what you **Do**, and this will change what you **Get**. This reinforces your **See**, which in turn will establish your change in behaviour as being sustainable or in fact habitual.

So if you want to change or kick a habit, change the way you see the world.

