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COACHING

CHALLENGE YOURSELF

www.9kmby9am.com/coaching



LABELLING

CHANGE YOUR STORY

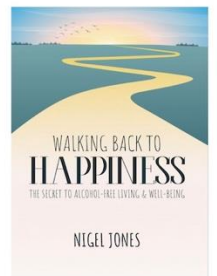
WHAT LABELS HAVE YOU STUCK ON YOURSELF?

To make any lasting change in your life you need to change your story and believe it. Your new story will put you on a new trajectory, a new journey.

THE POWER OF LABELS



ALCOHOL-FREE LIVING, HEALTH & WELLNESS CHANNEL



BEST SELLING QUIT LIT BOOK

BEHAVIOURAL CHANGE COACHING

SHIFTING YOUR IDENTITY

You are the star of your story and your identity is made of the labels you give yourself and others give you.

To shift your identity you have to relabel yourself and 100% believe in your new labels. These new labels are the new you and are part of your new self-fulfilling prophecy. To become the new person you need to start living the new story.

Just over three years ago I was an 'overweight drinker', that was one of my old labels. Really nice, isn't it. You can see the power of this stuff.

As long as I continued drinking I was 'a fat bloke who liked a glass of wine'. I really did not want to be that. The new me was a leaner machine, the guy who walks 9KM every day, the guy with no anxiety, sleeps like a baby, feels great, loves life, is grateful for everything around him, helps others, is a student of life. Wow I loved my new labels!

The way I achieved this identity shift to successfully change my story was through writing down my old and new labels.

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WORKSHOP 1 – WATCH THIS VIDEO



https://www.youtube.com/watch?v=hNS_D-pw8y4

WORKSHOP 2 – OLD & NEW IDENTITY

Write down the person you want to become by listing:

- The old traits and values to banish from your identity. For example, 'I am a drinker'.
- The traits that you want to keep. For example, 'I am hard working'.
- The new traits and values to build on or add to your identity. For example, 'I am sober'.

Here are some of the items in my lists:

OLD LABELS TO DELETE FROM MY ID

- I am a drinker / boozier
- I am overweight
- I am unhealthy
- I am unfit

LABELS I WANTED TO KEEP

- I am successful
- I am creative
- I am a good father / husband

NEW LABELS TO ADD TO MY ID

- I am sober / fit / healthy
- I am a great dad / husband
- I am present / grateful
- I am unstoppable