

## *Exercise 5*

### SMALL CHANGE

Do something you usually do differently:

- ❖ Put your shoes on opposite the way you habitually do (if you generally put the right shoe on first, put the left one on first and vice-versa).
- ❖ Brush your teeth with the other hand.
- ❖ Change the order in which you wash up—if you usually brush your teeth first and wash your face second, do it the other way around.

### BIG CHANGE

When you find yourself saying (or thinking) “Yes, but...” try saying, “Yes, and...” instead:

Changing this single word moves you from saying, “Yes, but... (I have a zillion things to do, I have an opinion about that and I’m going to tell you, etc.) to making you pause and think.

“Yes, and...” What? You might find yourself saying, “No.” Make this tiny bit of space for yourself and you might find that you say “yes” when you mean “yes,” “no” when you mean “no,” and “maybe” if you mean “maybe.”

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Do any or all of these exercises and you will have let a tiny change into your life.



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