

REST

framework for change

Definition

Simple Steps
for Creating
Permanent Positive
Change

The letters stand for

R Recognize

E Envision

S Shift

T Transformation

R

Recognizing your current place and state of being is the foundation for any change in any direction.

E

Envision your future. Visualize where you want to go, who you want to become.

S

Shifting is taking action to change your perspective and accepting responsibility for your thoughts, actions and emotions

T

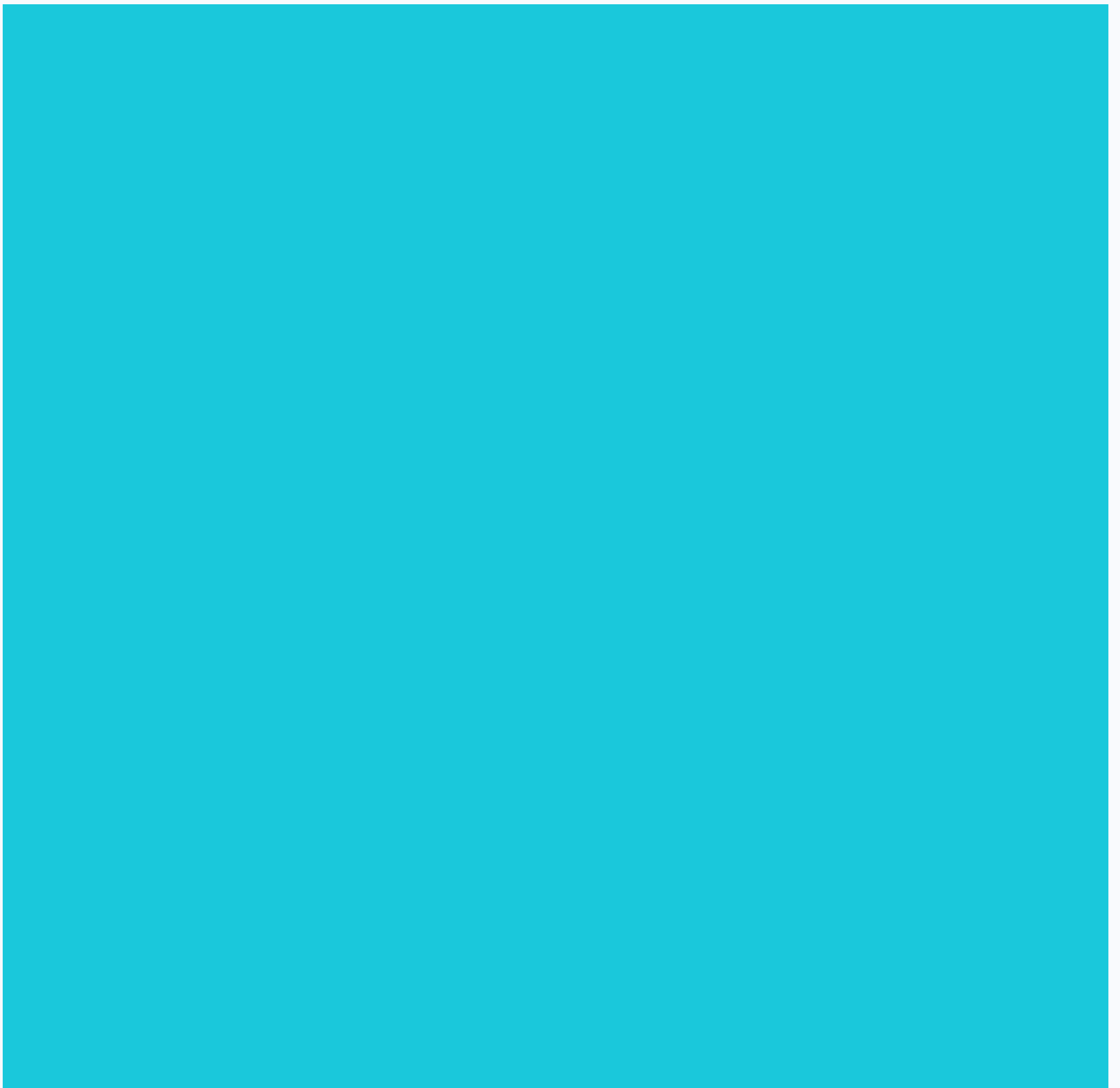
Transformation happens as you follow these steps - throughout your journey.

Start your own REST journey

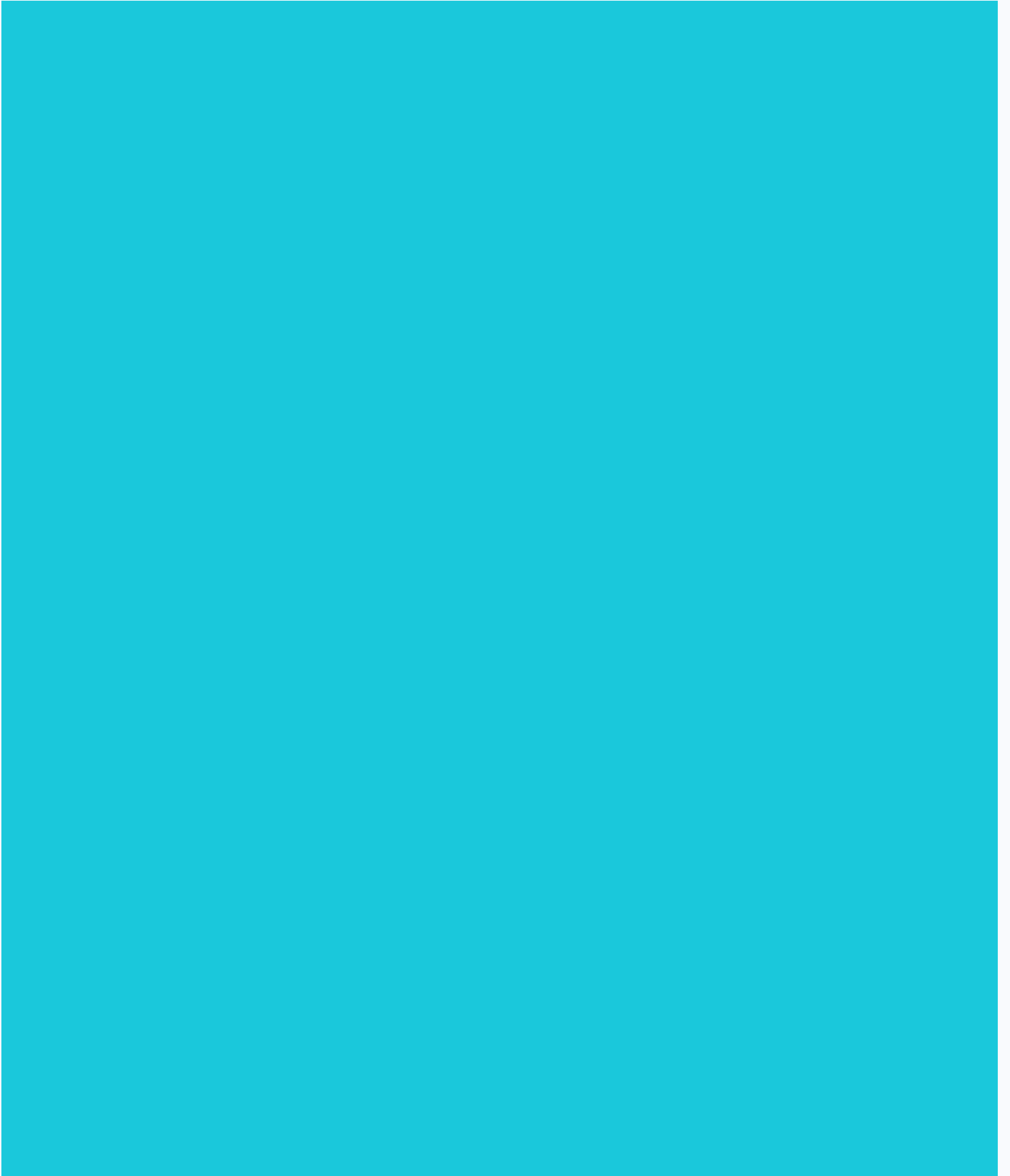
What is your vision? Where do you want to be? Who is with you? What are you doing? How do you FEEL?



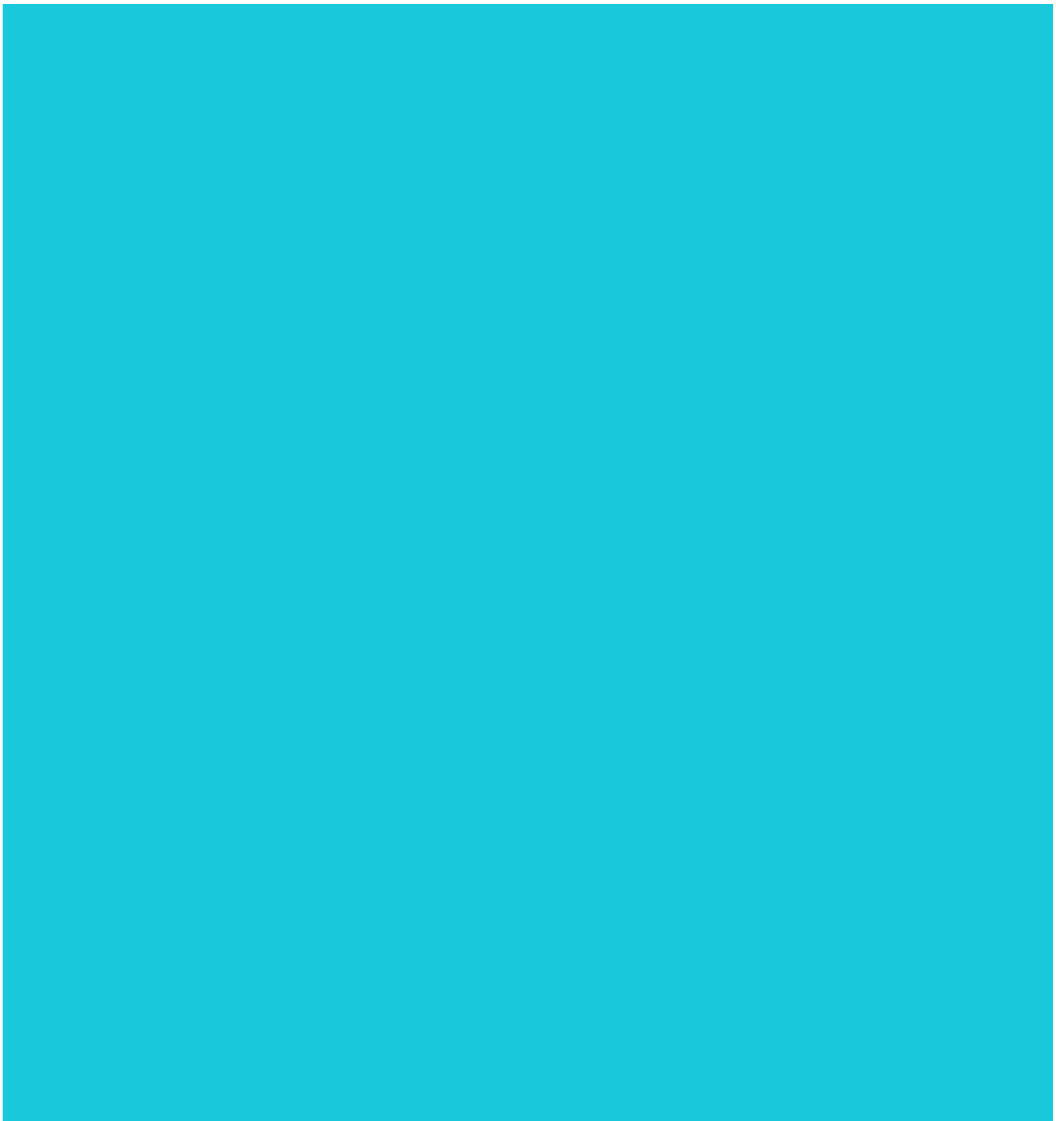
Where are you now? Which aspects in your current place and identity do you like? Why?



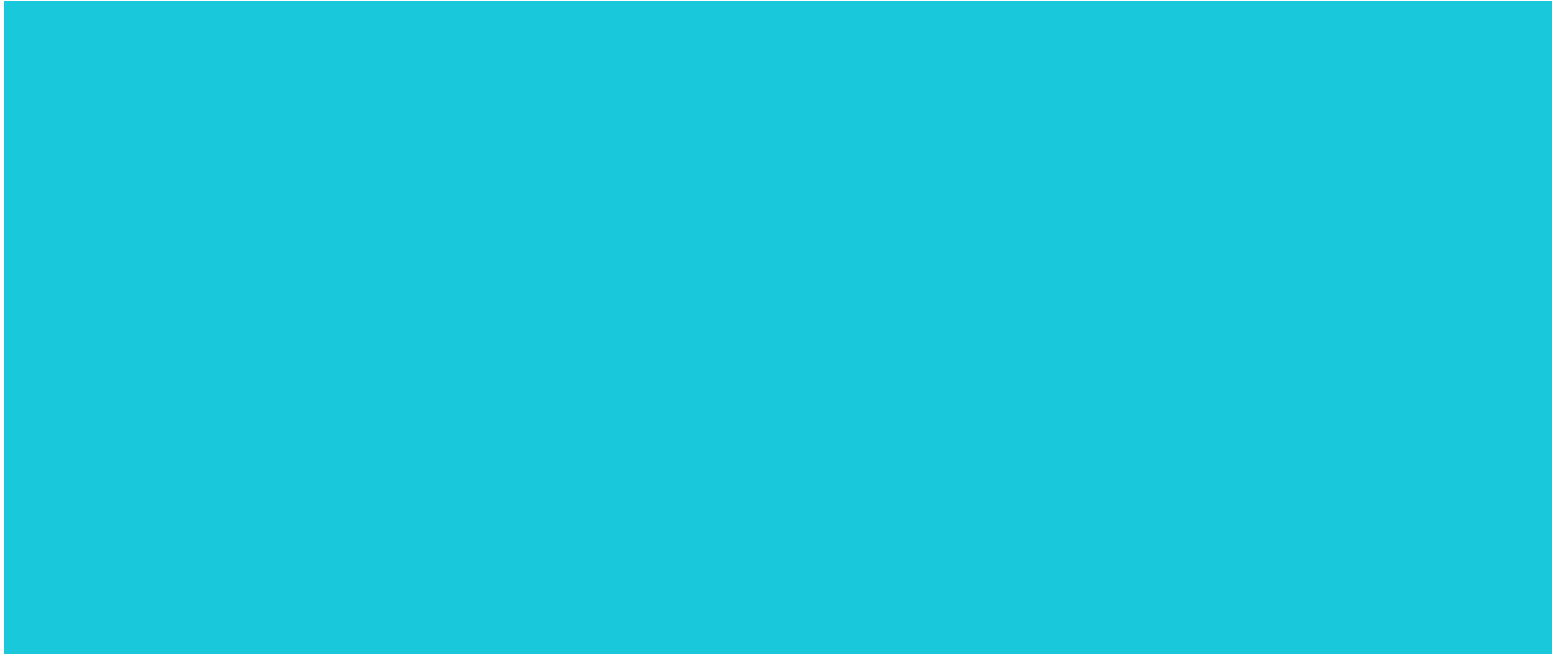
Which aspects would you like to change? Why?



Imagine that your vision becomes reality. How does it feel?



Do you believe it is possible
to realize your vision?

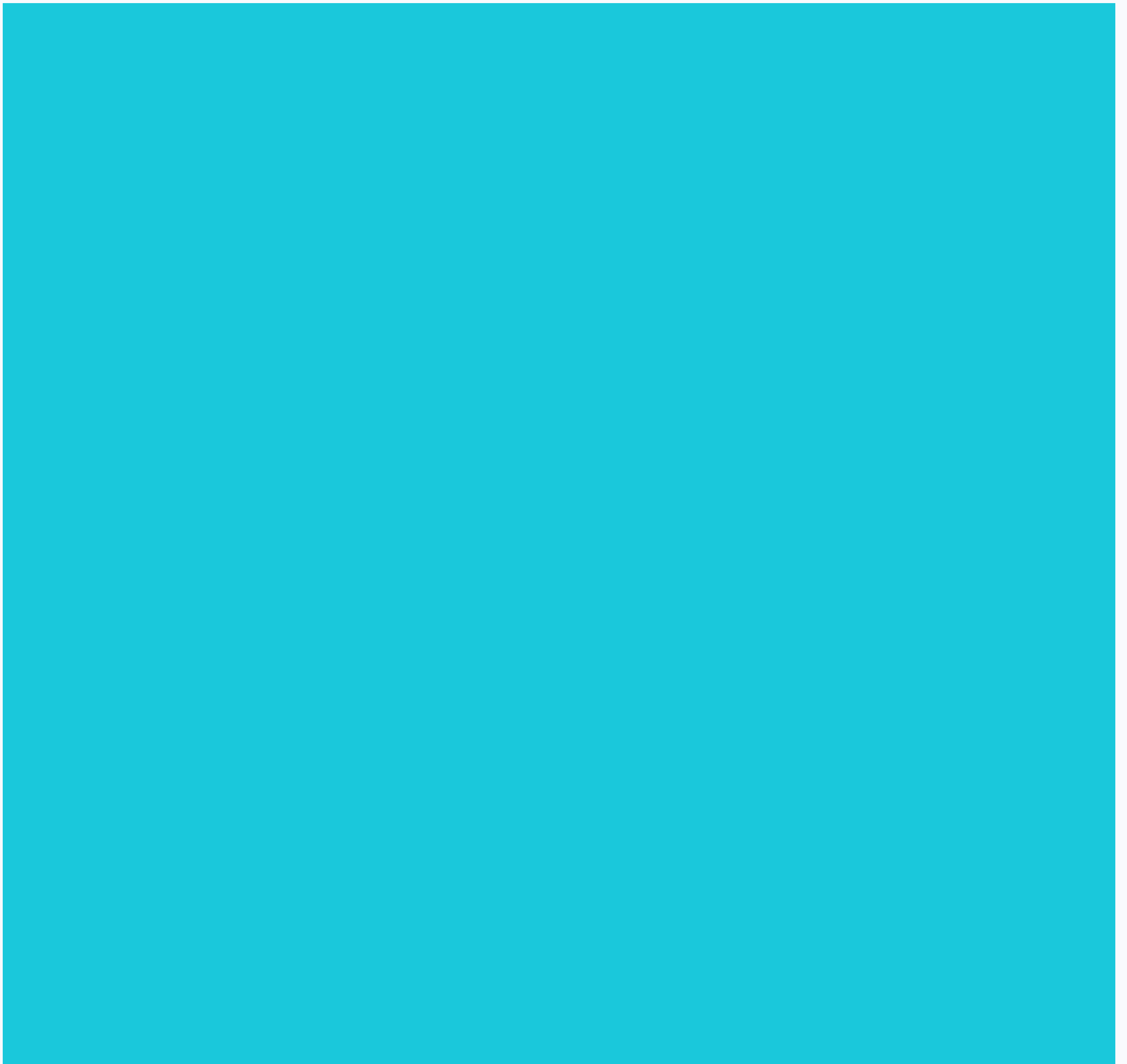


Do you expect it to truly
happen?



Who are you in your vision -
the person, who has made
the vision become real?

List some characteristics



How can you start showing up as that future version of yourself today?

Which ONE thing could you adopt into your life that you associate with your future self and the vision?



Take tiny action - little steps

Stay consistent

Take note of any shifts and
changes

Take it easy

Drop me a message or book
a chat to dive deeper or to
ask questions. I am here for
you.

contact@timthisisme.com

www.timthisisme.com/booking



Paula Naeff

LinkedIn: [Paula Naeff](#)

Instagram: [@paulanaeff](#)

Facebook: [Paula Henrika Naeff](#)