

## **ARE YOUR BELIEFS HOLDING YOU BACK?**

**Then it's time to Change Your Habitudes . . .**

**Tuesday, April 10, 2018**

**6:00 p.m. – 8:30 p.m.**

**Sturbridge, MA**

Habitudes . . . those persistent ways of thinking and acting that shape your personal narrative.

Negative thinking patterns can limit the quality of life you desire. Learning how to transcend those limitations is key to achieving your goals and getting to that next level in your life.

"I really enjoyed the entire day, and got so many amazing insights from the program. It is rare that you have the time - or make the commitment - to doing something completely for you. This program made a big impact by combining the science and emotion of habits with the great interactive exercises to really imprint the teaching of the day."

~ C.T., attendee, June 10, 2017 Change Your Habitudes, Change Your Life Workshop

At an early age we developed emotional habits and patterns — Habitudes— that influence how we perceive and move through our lives. Some Habitudes serve us, others do not. Regardless, these Habitudes determine the outcomes in our lives.

So how do we change these Habitudes that do not serve us? How do we make the shift towards positive thoughts and actions? By exploring, breaking down, and understanding the Habitude process.

[Change Your Habitudes 2.0](#) will:

- Explore the Six Basic Human Needs -- Which are driving you?
- Help you uncover the Negative Habitudes holding you back
- Examine key decisions that direct your actions
- Offer strategies for releasing those negative thought patterns

You will also learn how to break the negative Habitude cycle through reframing using the 5-step process of Strategic Goal Mapping — a creative and graphic vision-board based goal-mapping technique.

Strategic Goal Mapping (SGM) is a system I developed that incorporates the highly effective graphic technique of mind-mapping with a habitude analysis action plan. By mapping out your habitudes in a visual way, you connect thoughts, emotions and behaviors around a central goal and create an action plan that works.

## WHY I DEVELOPED STRATEGIC GOAL MAPPING

I've been giving a lot of thought to what I wanted to achieve in 2018. Over the past several years my goals have been focused on business building and I am pleased and proud of the success I've had. Two major goals at the top of my list -- getting my strategic coaching certification (completed in 2016) and launching two "Change Your Habitudes, Change Your Life" workshops in 2017 -- came to fruition, as did opening an office in Sturbridge and launching two online courses.

But ....to be brutally honest, there is one "success" that has eluded me year after year. And truth be told, it has made me feel like an imposter. For while I can talk-the-talk about changing Habitudes, and walk-the-walk when it came to applying those habits that serve me to my business goals, I never bothered to challenge and change the greatest habit that does not serve me ... emotional eating.

My friends, this became my sole goal for 2018. In the weeks leading up to the new year, I have been examining my Habitudes to uncover those self-sabotaging loopholes I can so easily slip through.

Being a visual learner, I started with a vision board, yet soon came to realize the board was not enough. There needed to be an action plan — a strategy.

[So join me in Sturbridge on Tuesday, April 10. Seating for this workshop is limited so act fast!](#)

**[INVESTMENT: \\$147.00 \(Workshop and materials\)](#)**

**BONUS! [Register by February 28](#) and receive one (1) free strategic personal coaching session with Rita . . . a \$95 value. Session is held in person (Sturbridge office), or by phone, Skype, Facetime, or Doxy.me.**

**Don't miss out. [Register for Change Your Habitudes 2.0 today!](#)**About Rita Schiano:** Resilience strategist and coach, speaker, and founder of Rita Schiano ~ Live A Flourishing Life, Rita has helped thousands of people build resilient leadership skills, manage stress, and develop strategies for tackling challenges and for accomplishing their most important goals, interests, and needs. Rita received her Strategic Intervention Coaching Certificate from Robbins-Madan Training, the official life coach training school of Anthony Robbins.**

Rita is the author of several books, including *Live A Flourishing Life*, a stress management and resilience-building process workbook; the critically-acclaimed, semi-autobiographical novel *Painting The Invisible Man*, and *Sweet Bitter Love* and articles for *The Huffington Post / AOL Healthy Living*, the *Worcester Business Journal*, and guest blogger for *Psychology Today*. She is a Professional Member of the National Speakers Association.