

# LifeChangerz

## "Break Free!"

- Create lasting change with a focused time tested approach.
- Integrate the 6 main components of Motivation, Skill Building, Social Support, Environmental support, Measurement and Accountability.
- Use Plan, Do, Study and Act to measure success and make improvements over time.

*"It is not enough to do your best. You must know what to do, then do your best"*  
-Deming

LifeChangerz®  
is a program  
associated with the  
**Moonglow Retreat  
Center**

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### Change Is Difficult And Takes More Than Motivation To Succeed.



"Creating change in your life is like launching a rocket. It takes knowledge, planning and fuel to get off the ground. The longer energy is applied the easier it becomes to sustain flight. Once the rocket has overcome the gravitational force trying to pull it back, very little energy is needed to keep it moving forward."



LifeChangerz® was created by Keith Zang (MME, BS, AE-C) combining 30 years of experience helping organizations and people like you to make changes that can improve health outcomes, quality of life and long term success.

**Long lasting change takes much more than just motivation to succeed. Without the right skills and support old habits and lifestyles will return.**

### Six Components to LifeChangerz

- **Motivation**-Clear intention, understanding and desire of why you want to change.
- **Skill Building**-Inventory of skills you possess and those you need to succeed. Create a plan to acquire the skills you need to reach your goals.
- **Social Support**-Identify at least one individual or organization to support you through your change.
- **Environmental Support**-Modify your environment to make change easier and flow more smoothly.
- **Measurement**-You must measure your progress and make modifications as needed.
- **Accountability**-Create a written plan to hold yourself accountable to the goals you set.

### Plan, Do, Study, Act (PDSA)

Long term success is achieved through small changes over time. A powerful tool used in Healthcare, Business and Government is repeated cycles of Planning, Doing, Studying, and Acting.

**Plan**-be clear on what you want to do and set a short timeframe to do it (usually one cycle that may be several days to a couple weeks.)

**Do**-Try your plan over the timeframe you have specified.

**Study**-Use the data gathered to keep what works and change what doesn't

**Act**-Integrate the changes into your new plan and spend the next cycle following it. Gather data to use in the next cycle.

Repeating this several times will create a focused and effective approach!