**Lesson One:**
**Introduction**
- Uncover potential career-limiting habits.
- Learn to avoid the Willpower Trap.
- Choose a personal change challenge.
- Draft a meaningful results statement.

**Lesson Two:**
**Create Vital Behaviors**
- Learn the power of being both the scientist and the subject.
- Identify crucial moments.
- Create vital behaviors.

**Lesson Three:**
**See All Six Sources**
- Uncover the two factors that drive behavior: motivation and ability.
- Learn to “see” the Six Sources of Influence.

**Lesson Four:**
**Love What You Hate**
- Define personal motivation.
- Learn how to get personal motivation working for you rather than against you. Use value words.
- Refute your self-justifying story.
- Draft a personal motivation statement.

**Lesson Five:**
**Do What You Can’t**
- Define personal ability.
- Recognize that new habits almost always require new skills.
- Identify the skills you need.
- Conduct a skill scan.

**Lesson Six:**
**Turn Accomplices Into Friends**
- Learn the five roles of social influence.
- Identify the steps to holding a transformation conversation.
- Identify your friends and accomplices.
- Change the mix of friends and accomplices.

**Lesson Seven:**
**Invert Your Economy**
- Define structural motivation.
- Learn to recognize the costs of bad habits and the rewards of good habits.
- Use rewards by targeting small wins.
- Put something at risk by tapping into the power of loss aversion.

**Lesson Eight:**
**Control Your Space**
- Define structural ability.
- Use the physical environment to make bad behavior harder and good behavior easier.
- Learn to build fences, manage distance, and use tools and cues.

**Lesson Nine:**
**Change Anything**
- Discover the tools for “putting it all together.”
- Turn bad days into good data.
- Connect with ChangeAnything.com.
- Fill out your Change Plan: My First Experiment.

---

**Change Anything™ Course Details**

*Change Anything Training™* is a classroom course that teaches a breakthrough methodology for solving any individual behavior challenge. Through targeted practice, group activities, video case studies, games, and self-reflection, individuals learn to recognize the personal, social, and environmental forces of influence currently working against them — and then turn them in their favor. By doing so, they become more engaged and productive, and ten times more likely to solve complex problems.

**Participant Materials**
- 8 ½ x 11 Participant Toolkit with robust change appendix (110 total pages)
- The Science-of-Change Model card
- Change Anything “Big idea” card
- Change Anything Audio Companion (4-CD set wherein the New York Times bestselling authors of Change Anything dive deeper into targeted change tactics)
- Bestselling book *Change Anything: The New Science of Personal Success*
- Changer coin
- A free subscription to the Crucial Skills Newsletter, a weekly e-mail service
- Access to our additional learning resources at www.crucialskills.com