

THE CHANGE SHIFT:

A SIMPLE 4-PART ONLINE COURSE
TO TRANSFORM YOUR LIFE



Tracey Horton

THE CHANGE SHIFT

For women ready to grow from the inside out.

PART 1: Awareness: The Need to Change

Every transformation begins with awareness. Before you can change, you must see clearly what's no longer working.

This isn't about judgment, it's about honesty. Awareness is the moment your eyes open to the truth you've been avoiding or tolerating. It can be uncomfortable, but it's also sacred.

Awareness sounds like: - "I can't keep doing this." , "Something needs to shift." , "This version of me isn't the full story."

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Awareness is powerful because it pulls you out of autopilot. It invites you to name what you've been avoiding. Many people never change because they never stop long enough to reflect.

Steps to Cultivate Awareness:

1. Set aside 30 minutes of uninterrupted quiet time.
2. Journal: "What feels heavy or draining in my life right now?"
3. Identify repeating patterns or frustrations.
4. Reflect: "What am I pretending not to know?"
5. Ask yourself: "If nothing changes, how will I feel one year from now?"

Outcome: You'll gain clarity on why change is not only needed but non-negotiable.

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PART 2: Desire:

Creating the Spark for Change

Once you're aware, the next step is desire. You have to want something different. And not just surface-level wants but soul-deep longing. Desire is the fuel behind action. Without it, change feels forced or short-lived.

This is the part where you get honest about what you really want: What does your ideal life, business, or mindset feel like? What would freedom look like to you? - Who are you without the pressure to perform or please?

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Desire is often buried under obligation, busyness, and comparison. Reigniting it means making space to dream again

Steps to Clarify Desire:

1. Visualize your ideal day from start to finish. Write it down in detail.
2. List what you deeply want without filtering or judging.
3. Ask: "What am I no longer willing to tolerate?"
4. Reconnect with moments in your past when you felt most alive.
5. Declare one desire you're committed to pursuing.

Outcome: You'll reconnect with the fire inside you the reason you're ready for more.

PART 3: Discovery: Finding Your Point of Change

This is the turning point. Now that you know what needs to change and what you want instead, it's time to discover **where** the shift begins.

Change happens in moments: - The decision to say no - The moment you ask for support - The choice to show up when you want to shrink.

Discovery means identifying the one thing that, if shifted, changes everything else. It's not about doing more it's about doing the right thing.

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Steps to Discover Your Pivot Point:

1. Reflect: “Where do I feel most stuck and why?”
2. Identify the fear that holds you back (rejection, failure, exposure, etc.)
3. Choose one area of life to take aligned action in.
4. Write down three small steps you can take this week.
5. Commit to one courageous act that feels like a stretch.

Outcome: You'll uncover the exact moment and method where your transformation takes root.

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PART 4: Living: Walking in the Change You Created

Change isn't a one-time event. It's a lifestyle. Living from your shift means embodying it in how you speak, show up, think, and lead. This part is all about integration.

Sustaining change requires intention. You must protect your energy, maintain your boundaries, and stay connected to your why. Life will test you expect it. But when you've built a strong internal foundation, you won't crumble.

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Steps to Embody the Change:

1. Create daily rituals that align with the new you (morning practice, affirmations, boundaries).
2. Review your commitments remove anything that pulls you out of alignment.
3. Surround yourself with support (mentors, community, accountability).
4. Practice saying yes and no with purpose.
5. Reflect weekly: "Am I living from my old story or my new standard?"

Outcome: You'll leave this course not just changed but living proof of what's possible.

This is your shift. Your choice. Your moment to evolve. Let's begin.- book a free call etc

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