

## A MIND SHIFT IN FIVE STEPS

Here's a great visual on how to change a way of thinking - jumping from an old groove to a new groove.

### **There's a Hole in My Sidewalk** Autobiography in Five Short Chapters By Portia Nelson

#### **Chapter One**

I walk down the street.  
There is a deep hole in the sidewalk.  
I fall in.  
I am lost ... I am helpless.  
It isn't my fault.  
It takes forever to find a way out.

#### **Chapter Two**

I walk down the street.  
There is a deep hole in the sidewalk.  
I pretend that I don't see it.  
I fall in again.  
I can't believe I am in this same place.  
But, it isn't my fault.  
It still takes a long time to get out.

#### **Chapter Three**

I walk down the same street.  
There is a deep hole in the sidewalk.  
I see it is there.  
I still fall in ... it's a habit ... but,  
my eyes are open.

#### **Chapter Four**

I walk down the same street.  
There is a deep hole in the sidewalk.  
I walk around it.

#### **Chapter Five**

I walk down another street.