



**Nancy:** The Art of Change guides you on a transformative journey through the Eight Dimensions of Reinvention. So when I talk about reinvention, what I'm referring to is a return to the essence of who you are, instead of the endless versions of who you think you should be.

Hi and welcome to Your Permission Prescription. The podcast that teaches you how to confidently say yes to you and consciously create the life you desire. I'm Nancy Levin, bestselling author, Master Life coach, and founder of Levin Life Coach Academy. But it wasn't too long ago that I was a burnt-out people pleaser, living my life for everyone around me and ignoring my own needs.

Fast forward to today, and I've successfully coached thousands of recovering people pleasers to set boundaries with themselves and the people around them so they can live a more fulfilling life on their own terms. I created Your Permission Prescription to help you do the same.

Be sure to tune in for actionable coaching methods from me, interviews with other incredible coaches, speakers and authors, plus one-on-one live coaching calls, and so much more. If you are ready to start saying yes to you, then you are in the right place.

Welcome back to another episode of Your Permission Prescription. I am so excited today. I feel like we should have champagne corks popping and fireworks and confetti exploding because my new book, The Art of Change is here. The Art of Change is a guided journal, Eight Weeks to Making a Meaningful Shift in Your Life.

And if you have not yet ordered your copy, you can do so at [Nancylevin.com/journal](https://Nancylevin.com/journal). So, this is my sixth book and it is completely different from all the others. And what I can tell you is that, as

a lifelong journaler, it is absolutely my dream come true to have been given this opportunity to create this journal for you, but truth be told The Art of Change is no ordinary journal.

It is a proven roadmap that will guide you to make choices and take action in support of the vision you desire. So you can make the changes in your life that you wanna make. The Art of Change contains concepts and explorations to support and deepen your own inner excavation, ultimately for you to be able to own your worth and live life on your own terms, stepping into center stage of your own life.

So, you've probably heard me talk about my Transformation Equation: Change = Vision + Choice + Action. The Transformation Equation is at the heart of my reinvention coaching program, which is the very process I created this journal from. And you can think of this journal as a way to have me by your side, coaching you and guiding you in the direction of your own reinvention.

I know in my own experience, journaling has been the number one key to really getting to know myself, getting to understand my thoughts. Exploring what's in my heart connecting dots and it's something. That I do just for me. So, this journal is going to give you the opportunity to truly make a commitment to yourself, to slow down and get quiet and take pen to paper, to investigate what is true for you.

The Art of Change guides you on a transformative journey through the Eight Dimensions of Reinvention - Vision, Calibration, Beliefs, Self-Worth, Boundaries, Choice, Self-Confidence, and Visibility. And in addition to each of these coaching concepts, you'll have daily doable journaling prompts that will support you in your commitment to take action and be accountable to yourself.

So when I talk about reinvention, what I'm referring to is a return to the essence of who you are instead of the endless versions of who you think you should be. And when you tap into this, when you embody The Art of Change, you begin to consciously curate what you wanna bring into your life, as well as what you choose to release.

Now, the subtitle of this journal is Eight Weeks to Making a Meaningful Shift in Your Life, because I know what it's like to look at a book with a bunch of exercises in it and put it away or read through the book without doing any of the exercises. Instead, with this journal, I'm inviting you into an interactive and engaged process of self-inquiry and self-discovery.

This will guide you to make the changes you wanna make. To take the actions you need to take. The Art of Change is an invitation to immerse yourself in one of the Eight Dimensions of Reinvention each week, first with a coaching concept to contemplate, and then an exploration with daily prompts that build on each other throughout the week.

I designed this specifically for you to be able to engage with the journal daily, to simply explore one prompt in your journaling. And at the end of the week, you can reflect back on the daily journaling prompts. If you go to [Nancylevin.com/journal](http://Nancylevin.com/journal), you'll see the details about each of the Eight Dimensions of Reinvent.

Today, what I thought I'd do is give you an experiential taste of the kinds of prompts you might find and what they may lead you to discover about yourself. What I really want you to know is this is not the kind of journal that you just open up to pretty pages with a quote at the top. This journal is robust and it offers you a really deep investigation.

It's a guide for your own inner archeological dig to go as deep as you want. It's an invitation to get curious so you can discover what is alive for you in each of these Eight Dimensions of Reinvention. And as I said before, throughout the process, you'll be identifying actions to take micro actions that are realistic, achievable, and in your control.

So let's take a moment here and do a little bit of an exploration together. So I want to give you an experience of what it's like to interact with this journal. If you have some paper nearby or you can use your phone or whatever device you're on to make a few notes, that would be ideal. This piece of the exploration comes from Day 3 of the dimension of Self-Confidence.

Take a moment here and I invite you to close your eyes, as long as you're not driving, and identify three adjectives that your acquaintances, coworkers, and colleagues would use to describe you. So what are three adjectives your acquaintances, coworkers, and colleagues would use to describe you? So people who are on the periphery, let's say, and write down those three adjectives.

And next, closing your eyes again, identify three adjectives that your immediate family, close friends and loved ones would use to describe you. So your inner circle, what are the three adjectives they would use to describe you, and make a list.

And now closing your eyes again. What are three adjectives you use to describe yourself? What are the three adjectives you use to describe yourself?

And then just take a moment to look at these three lists and notice what your response is to looking at these three lists together. You might discover patterns; you might recognize similarities. You might recognize differences. Simply make a few notes about your response to these three lists and as you're making notes, as you're journaling about your response to these three lists, take it even deeper to what insight you're receiving from this information.

Allow yourself to explore what is arising in you in your response.

So, that's simply a taste of a day journaling prompt in this journal. I want to support you in exploring uncharted territory in yourself and provide you with a safe space to do so. Whether you are looking to shift something small or move massive mountains, The Art of Change will meet you where you are, and it will support you in getting where you want to go.

This process that I provide you in The Art of Change is proven. It's tried and true. And when you engage with The Art of Change and put the Transformation Equation to work for you, you will be able to make change more swiftly and with more ease. I am so excited for you to dive into The Art of Change and I'm looking forward to finding out how it impacts you.

Once again, if you've not yet ordered your copy, you can do so at [Nancylevin.com/journal](https://Nancylevin.com/journal) here's to The Art of Change.

Thanks so much for listening to today's episode. If you loved what you heard, I'd be so grateful if you'd leave a review and share your experience. Even better, follow this podcast so you never miss a new episode. And if you'd like some extra support or guidance, head over to my Transform Together, Facebook group for an engaged community where you can speak your truth, receive inspiration, and ask for help.

As you navigate life's journey or visit my website, [Nancylevin.com](https://Nancylevin.com), where you can find resources to help guide you to reclaiming what's truly important to you. Thanks again for joining me.