



EMBRACING & NAVIGATING *Change*

“There’s a future version of you
who’s proud that you were strong enough.”

VITALE BUFORD

THE 3 STEP PROCESS TO CHANGE

1. Awareness 2. Mindset 3. Action

STEP 1 | AWARENESS

ACKNOWLEDGEMENT

Acknowledging our emotions is a powerful tool for releasing energy that drains us. When you feel flooded with emotions, take 5 minutes and journal everything that you're feeling—resistance, anxiety, fear, uncertainty, sadness, gratitude, excitement, motivation. Journal ALL OF IT—the good, the bad and the ugly.

COMPASSION

Access your humanity.

Show yourself compassion for how you're feeling.

Give yourself permission to do life as it's showing up for you.

STEP 2 | MINDSET

THE POWER IS IN THE PIVOT

"If you change the way you look at things.
The things you look at change." –Wayne Dyer

REFRAME

Flip What If → Even If

Flip Uncertainty → Possibility

MANTRAS

Life is happening for me.

I trust the timing of my life.

What's meant for me, can't miss me.

STEP 2 | MINDSET

GRATITUDE

Practice 10 min of daily gratitude journaling—and remember to think about your gratitude in the “past, present, and future.”

BOUNDARIES

Boundaries reflect our self-worth, and are an opportunity to advocate for ourselves and our needs.

What boundaries do you need to set with social media, the news, people, and food?

STEP 3 | ACTION

“What we do accumulates; the future is the result of what we do right now.” –Pema Chodron

MORNING ROUTINE

Start your day with a win by committing to a daily morning routine.

This allows you to run your day vs. your day running you.

CHOOSE BETTER

Choose better thoughts, words, and actions.

You get what you repeat.

You are responsible for yourself and your perspective. Choose better.

REEVALUATE YOUR GOALS

Take 10-15 minutes to journal about your goals. What are your new goals? What's possible for you and how can you pivot? How can you make the most of this time?

DONE IS BETTER THAN PERFECT

Don't let perfection get in the way of progress. Start taking massive imperfect action today. Action leads to confidence which leads to action.

CONNECTION

Connect with the people that give you energy vs drain your energy.

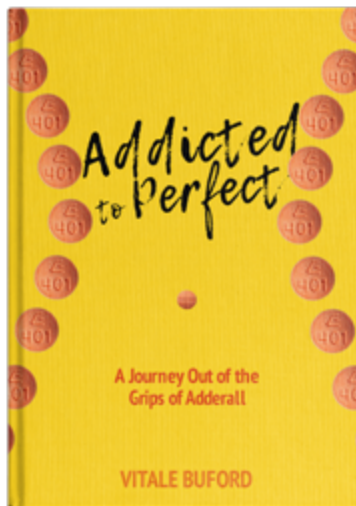
THANK YOU!



MEET VITALE BUFORD

CERTIFIED PROFESSIONAL COACH, SPEAKER AND AUTHOR

A change agent transforming organizations, groups, and individuals, Vitale Buford is an iPEC-certified executive coach, international speaker, and author. Featured in The New York Times, she is the author of the book, *Addicted to Perfect*, detailing her 10-year struggle with Adderall and perfectionism. Vitale's experience includes more than a decade working in marketing and business development for a variety of industries and professional service organizations. She brings her personal experience, professional education and training, and her specialized healing techniques together to create a unique coaching system – one that gets to the root of the issue to bring about lasting and real change. Vitale lives in Central Kentucky with her son and their dog. You can learn more about her and how she changes lives at vitalebuford.com.



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