Contents

Preface		ix
1	A Secret behind the Magic	1
2	Behavioral Momentum	9
3	Hope Like a Thriver	21
4	Stay in the Day	31
5	The Big Picture of Balance	43
6	Jettison the Junk Hours	53
7	Greater Self-Awareness	63
8	The Pursuit of Patterns	77
9	Breaking Down the Change Process	93
10	Checklists and Big-Box Management	105
11	Triggers and Patterns	119
12	Emerge from the Fog of Fatigue	133
13	Maximizing Your Mini-Patterns	149
14	Tips for Times When Demands Are Exceptionally Great	161
15	Staving in the Flow of the Process	175

viii	CONTENTS	
16	Motives and Meaning	185
17	The Power of Attitude	199
18	From a Change Underdog to a Challenge Winner	209
About the Author		217
Change Your Day Resources Index		219 221