

Change your own behaviour, and your organisation's

 By [John Sanei](#)

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After working with clients across many sectors for many years now, I have witnessed that process of change is exciting and fun at the beginning, hard but still fun(ish) in the middle and totally draining at the end. Do you want to know why?



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The three reasons:

1. Excitement - based on what needs to be changed
2. Hard but still fun(ish) - is when we start seeing all the stuff that needs to change
3. Draining - OMG, I have to change myself

My take on it is that as humans we all want the change but hardly any of us make the changes. So I have found a very simple process to follow to help bring this change about. Its called the '3Rs + G' and here it is:

Remind - we all need a reminder that its time to act differently i.e.: 5am alarm goes off

Routine - then there must be an automatic routine that's been planned i.e.: Personal trainer waiting for you at the gym at 5:30am

Reward - get a quick win afterwards i.e.: I'm feeling great (can even see my abs now)

Gamify this process in any way possible

So plan and set up your life as to have these three stages ready to roll!

This gets quite a bit more difficult when trying to change the culture of an organisation. But don't worry as there are many tools available to give you and your company the opportunity to gamify this whole process through an online platform that reminds, ritualises and rewards instructed behaviour.

Ready, steady, Remind, Routine, Reward your way into the future!

ABOUT JOHN SANEI

Futures Strategist John Sanei makes sense of future trends and merges them so individuals and organisations can forge forward with confidence, elevating their leadership vision to exponential heights. At the intersection of human science, neuroscience, quantum technology, futurism and business strategy, John has a knack for sharing his knowledge and creating meaningful connections. He ignites platforms, connects with crowds and leaves an empowering perspective that lasts long after the lights have switched off.

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