

# *Mother Nature's 6 Rules of Change*

*Change that feels good... finally*



# Mother Nature's 6 Rules of Change.

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*Voluntary change must be fun and make you happy, or you won't.  
Change, that is.*

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*Here's how, straight from the Boss.*

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We asked Mother Nature to simplify her lessons on changing your life into a single sentence.

She thought for a moment and then replied, *“Look guys – it’s simple: you can make change finally stick without struggle, using simple stories and games, that move you towards getting and staying out of your own way, so you can discover and remember for yourself who you are, what you love and why you really want to change – which is far beyond just feeling better.”*

*“Can you simplify it even further,”* we pushed – ‘cause we’re a couple of pretty simple guys – *“for those just getting started in personal development?”*

*That’s when she took out a piece of paper and pencil and drew this: Fun → Happiness → Desire for More → "Get and Stay" → Comfort With Change™ → More/New Happiness”*

*Let’s discover together what Mother Nature meant by that...*

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# Introduction

## Something brought you here today.

And whatever it was – we're glad it did.

We also want to share something important with you, before you read a single Rule on any of these pages:

**Not one moment of your experience with self-help that hasn't worked out for you has been your fault.**

Not one. You were handed a system with a hole in it and told to keep pouring your heart and soul into it. And when nothing filled up, you were quietly encouraged to wonder what was wrong with you.

When there is nothing wrong with you at all. The problem is with the system.

What follows are six Rules that were never taught to you. Not in school. Not by the system that promised to help you. Not by anyone who had something to gain from keeping you searching.

They're not ours. They belong to **Mother Nature**. We just finally paid attention to them long enough to record them.

*Read slowly. Notice what stirs. The woman you want to become is in there, reading this right alongside you. Can you feel her?*

## Explanation

*So, here's what Mother Nature taught us once we started asking her questions. There's a full explanation below.*

RULE ONE

**Fun**



RULE TWO

**Happiness**



RULE THREE

**Desire for More**



RULE FOUR

**“Get and Stay”**



RULE FIVE

**Comfort With Change™**



RULE SIX

**More / New Happiness**

*Now let's break that down for you.*

## RULE ONE

# Fun →

*Mother Nature's original change agent.*

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You did this once already.

Every single day for the first five or so years of your life, you changed constantly – identity, beliefs, skills, your entire understanding of the world – and you loved it.

Nobody motivated you. Nobody held you accountable. Nobody built you a habit tracker or told you that wanting to feel good was somehow selfish.

You just played. And in playing, you learned what you liked. You became you.

That wasn't childhood mystery. That was Mother Nature's Magic working exactly as she intended.

Change flows effortlessly when it feels like play. It always has.

**The course of your life went sideways when you were taught to fear, doubt, and worry about change.**

**And what was taught – we can reverse.**

## RULE TWO

# Happiness →

*The immediate result. As well as the future reward.*

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They told you happiness was waiting at the finish line. So be a good girl and go chase it.

Lose the weight, then you'll feel good. Build the business, then you'll feel complete. Fix yourself, then you'll finally relax and enjoy the life you've been working so hard to deserve.

**But humans don't work that way.** And somewhere close to your heart, you've always known that.

Larry was given six months to live in 2008. He'd previously beat a breast cancer diagnosis with his wife. Then in 2014 he buried his daughter who died innocently and without explanation. While he continued watching his body defy medicine – but not his desire to keep living. And he is, without question or competition, the happiest person Dave has ever known.

Not because his life is easy. But because somewhere early in his life, through his loving family, Larry absorbed a priceless lesson: to always want happiness first. Not to have it, but to want it. And to return to it as quickly as possible no matter what life throws his way.

**Happiness isn't what you get at the end. It's what carries you there.**

**Larry is the proof. Sixteen years and counting.**

## RULE THREE

# Desire for More →

*Wanting more of what's already working.*

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Here's what nobody tells you about happiness: ***once she arrives, you start wanting more of her.***

Not more discipline. Not more willpower. Not another program with another unlikely promise attached to it.

No, you start wanting more of the ***feeling***. More of the comfort and ease. More of the woman you just caught a glimpse of in the mirror on a good morning – the one who laughs easily and without editing herself.

For fifty years Dave asked the wrong question about himself. “*What is wrong with me?*” He understood his patterns. He'd been in therapy since he was sixteen. He'd had the breakthroughs. And then like clockwork he'd go right out and do the same things again.

Until the day he stopped asking what was wrong and started asking a much better question: what is the primary condition for sustainable, positive change to actually take place – *and then stay?*

**The answer was always the same: desire.**

**Stable, genuine, unhurried desire for happiness. Not from the outcome. But from the feeling of becoming.**

And only then, from the outcome.

## RULE FOUR

# Get and Stay →

*Out of your own way, that is. Permanently.*

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There are two versions of you making decisions every day.

A critical and judgmental, unconscious one – conditioned by fear, shaped by other people’s worries and expectations, running on programs installed before you were old enough to question them. This version of you makes most of your decisions without your knowledge or your consent.

She’s the voice that talks you out of what you want even before breakfast.

And there is also the awakened one. The whole and complete one. The woman who surfaces on the days you already feel good. The days you’re already *sizzling* with positive energy and anticipation.

She’s the one who already knows exactly what she wants and why. Who laughs without second-guessing herself, and moves through the world like she belongs in it.

You’ll need to get out of the way of your own best way to be happy, and let the good you come through. Then you’ll need to stay out of your own way. Don’t let the old you back in. And the best way we know of to create the habit of ‘Get and Stay’ (out of your own way} is through a game we made for you, that’s fun to play and will make you happy to learn it.

Our **Game of Change** doesn’t try to silence the Inner Critic. It outsmarts her. By becoming her friend. Gently, through goodhearted stories and games, and the quiet strengthening of your natural desire for happiness. Fun and play have a soothing effect on that old fearful voice, leading to less and less antagonism over time.

**Once you know the game is happening, you can’t unknow it.**

**And once you can’t unknow it – you start winning it by default.**

## RULE FIVE

# Comfort With Change™ →

*Our name for what was always intended.*

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This one has our name on it. But the principle is still 100% **Mother Nature**.

Comfort With Change™ (CWC) is the skill that was missing every time your ambition for change went toe-to-toe with your foreseeable resistance to it. It's not discipline. Nor is it motivation. It's more like a system for wanting what you want better than you ever have before.

***CWC is the simple, learnable, permanently available ability to feel at ease with the physical process of change itself.*** To stop bracing for it. To quit white-knuckling through it. To meet it the way a five-year-old meets every day – with curiosity and appetite and no memory of the last time it didn't work out.

It's not a personality trait you either have or you don't. It's not something Larry was born with and you weren't. And it certainly doesn't take 50 years to discover it, the way it did for Dave.

**It's a simple skill. It was withheld from you.**

**And it is now yours to claim – through our game – if and when you're ready.**

## RULE SIX

# More / New Happiness →

*Deeper. Richer. Permanent.  
Unstoppable.*

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And that's when things really start to pick up. Because now you've ignited your hunger for more. Not more of the same happiness but now on repeat. Not relief. Not the temporary exhale at the end of a long struggle.

No, the happiness that arrives when you finally stop fighting yourself to create it is a different animal entirely. It compounds. It expands exponentially. It makes the previous version of what you thought was happiness feel like a rough draft of something that was always trying to become this.

This is the happiness that keeps Larry alive when medicine said he'd be long gone. The happiness that makes Dave's 3:21am. alarm the best part of his day – not because he has to be somewhere, but because of what the early morning digital readout says when it goes off:

*Three. Two. One... **Go!*** Every day starts with a game that takes him all the way to the finish line by the end of it.

That's Comfort With Change™ coming at you from the inside - inside your heart.

**Which is where the rest of your beautiful life begins.**

# She already knows.

So the formula is:

*Fun → Happiness → Desire for More →  
"Get and Stay" → Comfort With Change™ →  
More/New Happiness*

And if something about this ordinary human instinct has stirred you – if some part of you felt acknowledged rather than instructed – that's not us.

**That's her.**

That's you. Being tickled by Mother Nature herself. The woman you always already knew you are. Quietly letting you know she's still in there. Still waiting. Still yours to claim for your own.

She's not a future project. She's not who you imagined yourself to be, under more ideal circumstances. She's who you've always been – underneath all the trying and crying, the hoping and the healing, and the honestly exhausting effort you've been making to change, for as long as you can remember – simply trying to feel better.

***We built something for her. For you.***

***When you're ready, we'd love to introduce you to each other.***

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*Why not take our Sizzle! Quiz — three minutes?*

*It will help you remember how much you ❤️ to feel good. And how powerful that feeling is if you're in the mood for changing your life.*

[www.daveandlarry.com/sizzle](http://www.daveandlarry.com/sizzle)

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