

HARNESS THE POWER OF CHANGE

Dynamic People Taking Charge...

Although there are some things that we cannot, nor would we want to change, many aspects of ourselves or our world, we can exert power over in the course of living. We can work to improve our economic situations, our family ties, and the condition of our homes. Then there are those changes that we can make for ourselves that make us feel powerful—that is, our behaviors, thoughts and feelings—and those are the kinds of changes that empower us to get more out of life.

As in the concept of stress, change is neither good nor bad for us. It is only our perception of change that creates the tension the we feel. Creating change that improves our lives is what makes us more effective, and we can easily learn to manage how much change (or stress) we allow into our lives.

The truth is, because it feels uncomfortable, we have gotten far too good at reducing the amount of change that we allow in, and we have become able to silently filter out our need for change. Because of these screens, when we really want to change something for the good, we get stuck. When we learn the skills to manage the change process, we can flourish as we were meant to—to begin the journey towards a full manifestation of our potential.

Where Are You in the Six Stage Cycle of Change?

While some change is thrust upon us by work, say you take a new position and need to learn how to be a supervisor or better time manager, etc. Other, more personal changes may be needed, wanted and sought after. Say, personal habits that no longer work for us, or new behaviors that beg to be learned. What kinds of new behaviors would you like to learn or unlearn? How is your progress towards these goals? Change is difficult for everyone...I want you to know that you don't have to do it alone. The power of coaching can help you succeed! **Did you know that coaching offers a 529% ROI? Great odds...contact me for more information.**

- Phase One:** Don't see the problem, although others do.
- Phase Two:** Begin to feel like they want to stop feeling so *stuck*.
- Phase Three:** Thinking about taking action, making plans and taking small steps towards the end results...
- Phase Four:** Ready to take action and overtly modifying behavior.
- Phase Five:** Here the work is to consolidate the gains you attained and struggle to prevent lapses and relapses.
- Phase Six:** The work you do is seems effortless, or the problem is kept at bay.



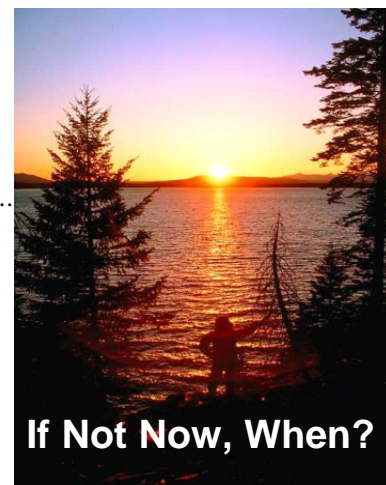
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**Empower Yourself
& Life!**

3 Steps to Change

- Before you can begin something new, you have to end what used to be
- Before you can become a different kind of person, you must let go of the old identity
- Before you can learn a new way of doing things, you have to unlearn the old way

* Wm. Bridges, *Managing Transition & Change*



If Not Now, When?