



Quick Guide to Making Important Life Changes

One thing you can depend on in life is that there will be change. Change, although usually seen as stressful, can actually help you get over some hurdles and move ahead with your life. Yet, instituting change can be quite challenging. How can you go about bringing a much-desired change to your life?

Use these strategies when you wish to alter your existence:

- 1. Ensure you have a clear understanding of what you'd like to change about your life. Is it your job? Initiating or ending a relationship? Moving to a place that fits you better? Write down in a sentence or two what change you seek. Be specific.

- 2. Know why you want the change. Being aware of your reasons for change will deepen your understanding of yourself and what you wish for your future. It can also help you tweak what it is you truly wish to accomplish. Having clarity now pays off later. Write down your WHY

- 3. Explore realistic options for how to bring on the change. What do you need to do to make it happen? Making a desired change often involves a step-by-step process rather than one big "jump." What are your options?

- 4. Focus on making one change at a time. Concentrate your energies on only one task. This will increase your chances of being successful. When you see that you can achieve one change, you'll gain confidence in making other changes. What the one change you will focus on?



5. Find your confidence. When was the last time you did something you were really proud of? Gather your self-assurance and ignite your efforts to begin making changes. Write your latest accomplishment... why were you proud of it?

6. Use positive self-talk. Tell yourself that you know you can create the life you want - one step at a time. Write down an affirmation that supports your change.

7. Discuss your wishes with your significant other. It's important that you discuss your desired changes with your partner and that both of you devise an agreeable plan to move forward together. What will you say to your partner to inspire great conversation and help them see your perspective?

8. Refuse to let anyone or anything stop you. When it comes to making an important life change, those around you might disagree with your decision to alter your life. Listen carefully to the opinions of your loved ones. Then, proceed ahead on your well-planned course, taking their ideas into consideration if you found them useful. What productive and useful feedback did you receive from your loved ones?

9. Garner support. Surround yourself with supportive people who will provide encouragement to you in your quest for change. Join a support group or club with members who are interested in the change you're working on. Group support can be incredibly powerful. Research support groups, facebook groups ... or create them! Which groups will you join?

10. Find a great mentor. When you consult with others who have already achieved what you're hoping to accomplish, it will galvanize you in your efforts to change. It's wonderful to have direct contact with someone who's done what you're striving to do. Who will you utilize as your mentor? Write your commitment to yourself on approaching and securing a fantastic mentor and what you want to accomplish from that mentorship.

Making changes in life can be taxing, yet very rewarding. When you discover that you can create the life you deserve by making some adjustments here and there, you can move closer toward your goals in life with greater passion and confidence.