



Change

What does the word change mean for you?

The Oxford English dictionary defines change as:

“Making or becoming different”

Change is happening all around us all the time, the sun rises and then sets, winter turns to spring, change is happening as you read this. The journey of life is full of change, we learn to walk, go to school, and then there is college or work and so on.

In his book “Who Moved My Cheese” (cheese being a metaphor for what you want in life) Dr S Johnson says you should:

“Enjoy change – savour the adventure and enjoy the taste of new cheese”

Below is a play on the word change and providing you with some empowering ways to approach change from a positive perspective.

C – Chance to follow your dreams:

Change is a great time to improve your satisfaction in areas of your life you are not happy with at present. Think about what you would do if you knew you could not fail? What was that dream you once had, still have? What goals do you want to achieve?

H – Happiness at the centre:

When going through change, you have a great opportunity to do something that makes you truly happy. Writing a list of all the things that are important to you about your goal will raise your awareness of what you value. Aligning your goals to these will leave you feeling more fulfilled and happier.

**“Happiness is not something readymade.
It comes from your own actions”**

Dalai Lama

A – Associate:

When you know what you want there are a number of creative and fun ways you to help you really associate with and bring your goal alive. You can visualise what it will be like when you have achieved your goal. Another way of bringing your goal alive is to create a picture board with all the components of your achieved goal on it. Using one or a combination of these strategies will help to bring your goal alive and help to maintain your focus on achieving your goal.

N – Navigation:

Knowing what you want is the first step to achieving what you want; the next step is to plot out a course, listing all the specific things that need to happen to achieve your goal and these are known as journey goals. There are various ways you can achieve this, below are a few of my personal favourites:

Drawing a time line, marking out all the important dates that you to achieve your journey goals by, you can add pictures, text, drawings you can be as creative as you like.

Another way of doing this is to get a pack of post it notes and on the first one write the letter X and the date you started to plan your goal, then on another one write the letter Y and the date you want to achieve your goal by. Stick the X and Y post it notes on a wall about 1 meter apart. Then write down all the actions you will need to take to achieve your goal in no particular order and then place them between the X and Y post it notes, changing the order until you have a time line action plan that works for you. You will now have a good action plan to work towards.

G – Go for it:

Having set your journey goals, all that is required is to take action. By starting off with small goals you will feel the benefits of achieving your goals, which will increase your confidence and build momentum keeping you moving forward towards achieving your end goal. If you don't have a go you'll never know what could be.

E – Enjoy life more:

Another way to maintain momentum and a positive attitude while on your journey of change is to treat yourself for achieving your journey goals. This doesn't have to be anything big, just something that makes you happy.

**A vision without action is a dream
Dreams with actions can change the world.
Nelson Mandela**