



(916) 735-8662 | <mailto:info@clearvisioncoach.com>

*** READY * SET * CHANGE ***

by Sandra Swenson-Scott
Professional Certified Coach

(as printed in "The Ladies' Group" Newsletter, 2004, Sacramento, CA)

When you hear the word "change" what thoughts and emotions do you experience? Webster's dictionary defines change as simply "to make different in form". For many people the word brings a sense of uneasiness or even fear, and yet the one thing we can count on in our lives is change. When you closely examine your life, what changes would you like to make, and how ready are you to make them?

Here are 13 proactive steps to making changes and creating your new reality:

1. Define your values, purpose, and passion.
2. Identify and clarify what you want. (specific goals)
3. Shift your focus away from what you don't want to what you do want.
4. Visualize the perfect picture. (ideal image)
5. Feel the perfect picture. (Connect with the emotions)
6. Be clear on the benefits. (What will you gain?)
7. Believe you deserve it.
8. Listen for, and accept, your inner guidance (Experience silence).
9. Remove the Barriers (Clear away the old).
10. Design a Plan of Action, including daily rituals and action steps.
11. Be committed. Be accountable.
12. Surround yourself with people who love, support, and accept you for who you are.
13. Embrace change and take the first step!

© Copyright Sandra Swenson-Scott

Please visit my website: www.clearvisioncoach.com