

10 Strategies for Making Change Easy

Have you heard the saying, 'If nothing changes, then nothing changes'? Well, that makes sense to me! I think that if we take an honest look at ourselves, we'll all find something that we'd like to change about either our lives or ourselves.

Sometimes changes are planned, like weight loss, a house move or having a baby and, at other times, they might just come from nowhere, like a job loss or corporate restructure.

Whether you are contemplating a small change, like drinking more water each day, or one as big as a sea change, I think you'll find these strategies helpful in managing your transition:

1. Acknowledge what it is that you need to change.

Whether it's a behaviour or a situation, until you acknowledge and accept the changes that need to occur, you might stay in denial and block your chances of success, by clinging to old habits and attitudes and resisting the changes you need to make. For example, if you don't acknowledge and accept that you need to stop snacking on chocolate in the evenings, you might not lose that excess weight you're carrying.

2. Make it urgent.

Create an inspiring goal and give yourself a deadline for achieving it! When we create a sense of urgency around making a change, it can help us overcome fear or complacency about changing.

3. Have an inspiring vision.

Create a vibrant picture of how you'd like things to be once you've moved through the change. Then, see the journey as an exciting adventure and embrace it! When we have an inspiring vision, the 'how to' often emerges easily and your ultimate vision can act as a guiding light to help keep you focused and on track.

4. Build a support team or structure.

To ensure that you have all the resources that you need to make your change, enlist people in your support team with the skills, expertise or belief in you that will help you. Also ensure that your environment is supportive of any changes you might be making. Making a change is always easier when you have someone, like a coach to support you.

5. Break the change into small steps and celebrate your progress.

One of the fastest ways to get started and build momentum when making any change is to break up whatever you need to do into very small steps, so you can overcome the shock to the system that might occur if you try to take things too quickly. Then, as you start to make progress, celebrate your wins along the way. They all add up to eventual success.

For **more free tips** on clearing clutter, staying focused and reaching your goals, or to find out more about one-to-one business, executive or life coaching and group coaching or to arrange a no-obligation session with Tania, visit the Blue Sky Coaching website at www.blueskycoaching.com.au. Tania can be contacted Monday to Friday between 8 am and 8 pm (Adelaide CST), on (08) 8338 3134 or 0411 471 941 or by e-mail on tania@blueskycoaching.com.au



6. Adopt a positive attitude and think positive thoughts.

We always have a choice when it comes to our attitude, so choose a 'can do' attitude and hold no doubt. Tell yourself, 'I can do it.' As our thoughts determine our experience, if we choose to think, 'this will be hard', it will be. Remember, only you are responsible for choosing your attitudes and thoughts. Choose to think 'why not?' and you'll start to see exciting possibilities, opportunities and challenges.

7. Make time to make it happen.

Always remember to set aside the time you need to devote to making the change happen. Some of us sabotage our own efforts by not allocating the time that's required to make changes stick. Make sure you give high priority to the change process you're working through to give it the best chance of working.

8. Address and deal with your obstacles.

Removing any impediments to your success is also important. If you want to lose weight, don't stock your fridge with chocolate or cupboard with chips!

9. Give it your 100% commitment.

No one can change for you. To change a habit, behaviour or attitude, you need to make a strong commitment to yourself to do it and take responsibility for your part in making it happen.

10. Don't give up!

In the words of Winston Churchill, 'Never, ever, ever, ever give up; except in matters of common sense or ethics.'

If you could use some coaching and support to help you make changes in the new year, please give me a call.

To learn 50 great ways to change the way you think, feel and act, I highly recommend *Fast Track Your Success & Happiness* by Petra Rankin of Brief Books. The great thing is that, because it's a brief book, you'll quickly pick up new ideas that you can implement straight away. Available at all good book stores.

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