



Health and Wealth Resources

Coaching, Emotional Health, Therapies

10 Tips for Creating Change

(it happens whether we like it or not)

In January 2008 my middle sister died suddenly in her sleep. Her husband had died four years earlier, and though she coped reasonably well, her belief was that things could never be the same without her beloved Jack. There were many changes she had to make after Jack died, and I watched her struggle with his absence. The light seemed to have gone out in her, and no matter how I tried to support her, I knew that the only person that could help her was herself. Her dying so suddenly left us all in shock and I was so grateful that I had many tools to help me through the grieving process, to enable me to change, let go of the sadness, and adapt to my life without her presence.

In 1994 Barbra Streisand (my favourite singer of all time), recorded a song entitled “Everything Must Change” on her Album “Higher Ground”, dedicated to the memory of Virginia Clinton Kelly, mother of Bill Clinton, who had been her spiritual mentor during their friendship. I love the way the song describes the cycles of life. We all change, grow, age and evolve. Change happens whether we like it or not. We have a choice, we can embrace change, celebrate it, or we can resist it, struggle with it, and lose the joy in life like my sister.

Making change takes a certain amount of courage and the belief that what you are doing is worthwhile. I have learned that when your inner being is in alignment with your outer being, authenticity empowers all that you think, say and do.

1. **CHANGE** – is happening all the time, nothings stays the same. How we **RESPOND** is as important as the change itself.
2. **THOUGHTS** – our thoughts affect our emotions, our emotions affect our behaviour, and our behaviour affects the results we get in life.
3. **LETTING GO** – Free yourself of rigid patterns. Give yourself permission to be **YOU**. Get out of the **BLAME** game. Be more flexible, stop making judgements, learn to let go of what does not serve you.
4. **BELIEVE** – Believe things can be better than what they are right now. Everything changes, nothing stays the same. Believe in yourself, believe you are worth it. Close your eyes and picture a life filled with warmth, love, passion. If that’s not what you are living right now, you need to start somewhere.
5. **ASSERTIVENESS** – Stand up for yourself. Sometimes it easier to say YES when you really mean NO. Take control of challenging situations you will feel empowered.
6. **CREATIVITY** - Nurture your creativity. It’s not what you do but how you do it. Accept all opportunities you get to do new things, whatever they are. Learn to PLAY.
7. **POSITIVITY** - Change takes courage. We need courage to confront our demons. Learn to master your moods. We may not be able to control when negative feelings descend, but we do have choice on how we respond to them. When a negative mood descends, play your favourite music to change your energy, or go for a walk. Small changes can have a big impact.
8. **SELF-TALK** - Become aware of your self-talk. Do you talk yourself up or talk yourself down. Are you a victim or creator of your circumstances?
9. **FORGIVENESS** – Whilst we can’t forgive we lose our power. When we learn to forgive we take our power back. It gives us the strength and courage to continue our journey.
10. **GRATITUDE** - Each night before your go to sleep reflect on your day, write down three things to be grateful for, acknowledge yourself and your successes – begin to shine.

