

## **STEPS TO MAKING THE CHANGE**

We all need to change at some time when we are feeling stuck or have a change in our circumstances.

But it always, always, need thought and consideration, so here is a list of things to consider.

One of the ideas that is the creation of a mood board (ask Google if you are unsure) but this should encompass the end result, not just the journey. In fact, if you apply the Law of Attraction, it is only the end result that need to be shown.

As in:

1. a change of occupation/job will have pictures of the new place, visions of the skills you need and/or the people you will be working with.
2. A change of home will have the pictures of your desired residence, images of the town and places to visit.
3. A change of partner/significant other, is more intangible, but images of your new life and things you will do are a help.

## **EVERYTHING ON THE MOOD BOARD IS UPLIFTING**

*Let's get underway with a notebook, in which you can write down the answers...along side the date that you considered them. The date is important, as your work through this exercise you may change your mind...that is what's all about, changing your mind!*

Start with the Why's

- Why do you need this change?
- What is the passion that creates this need?
- When do you want to do this?
- What happens if you don't do this?
- What effect will this have on those around you?

Now you have some idea of where you want to go, and what you want to do, now we take on board the big stuff-

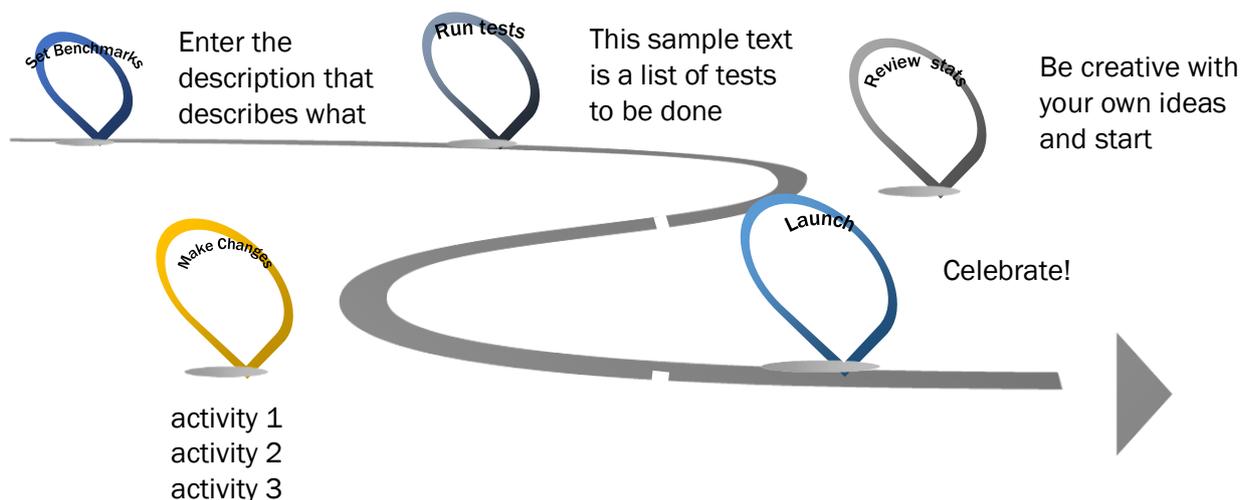
## **GOALS**

- Time scale – when do you want this change to happen, give it a date
- How many steps/items will you have to complete, give it a number
- How many people will this involve – give it a number

## FIRST STEPS TO GET UNDERWAY

Decide the steps and write them down in logical order

If you familiar with Timelines, then create one or use something on these lines, this is from Excel.



Seeing something in graphical form concentrates the mind, and like 'To Do' lists, ticking off items is satisfactory to the brain.

**Visualisation** is the way to see ahead, to know that what you desire is already there, so when you make the changes, you are already feeling the power and passion that will take you to the end of the journey.

## NEXT STEP

Never give up, you have made a choice to change, the has already gone into print so to speak, you are now following the path you set, and you will get there.

**It may take longer than you thought; if so, go back, and revise your goals at any time, that is the joy of change, it changes.....**

Should you still be unsure, I am happy to walk with you at every step, support the bad days and rejoice in the good ones.

**Diane K Holliday**  
*Life Coaching with Wisdom & Integrity*

*Top Quality Confidential Coaching to get you through the changes you need, to achieve wellness in mind, body, and spirit.*

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