

The Journey of Personal Transformation



7 Stages of Personal Changes

1) Awareness. The key to an initial motivation is making a conscious effort to be aware. For change to happen, it starts with an honest look as to why the change is needed, because the power of positive thinking is directly connected to the ability to remove, control or eliminate negative thoughts.



Therefore, it is important to create positive thinking patterns, by working with positive thinking exercises so that you attract more of what you want and so that your subconscious mind brings you the people, situations and circumstances to help you succeed.

2) Discovery. Self-awareness is a journey towards *self-discovery*. It is all about understanding different aspects of yourself - how you think, what you feel, how you react to a situation, how you trust your creativity and inner guidance. It is a progression of raising your consciousness and awareness so you can experience more of life.

3) Ownership. Personal accountability focuses on the outcomes, which are at the END of processes. In reality, "personal accountability" encompasses ALL phases of the process - the before, during, and after. Throughout the process, you must be WILLING (not forced) to PERSONALLY take ownership.

This is a very powerful and key step on the path of personal transformation. It is the realization that we are in control; therefore, having the ability to facilitate

positive change. Accepting complete ownership of the situation opens the door to a new mindset of personal empowerment.

4) Exposure. This is the stage where we expand our search to identify the emotion or belief that is no longer serving us well. This can be difficult for several reasons. For some, logic is not usually a very effective tool in the emotional arena. For another, we tend to view our beliefs as unpleasant facts, and will always look for ways to justify them. The purpose of taking complete responsibility for your actions and being accountable for small, intermediate goals is to apply (i.e., expose ourselves) to a personal accountability plan.

The benefits include:

- **Reduced Worry** — Personal accountability allowed me to start and complete actions that I have known, for some time, needed to be done. I know I will always have to deal with a changing environment for consulting services and a sometimes fickle economy — and I now know that I have done my best to position the firm for success, regardless of circumstances beyond my control.
- **Reliance on Others** — Bringing accountability partners into an area I had previously reserved for myself allows me to better see options and determine how I could harness the strengths of others.
- **Focus on What is Important** — While I have always been action-oriented, I have not always balanced this with a focus on importance. Having accountability partners brings "third party objectivity" to a situation to help sharpen my focus.
- **Higher Levels of Attentiveness** — A significant intangible benefit is that I can better focus on clients, colleagues, and coworkers, giving them the attention they deserve.

The *downside* of personal accountability is this — it's tough to do. Opening yourself to explain your actions to someone else is humbling. Being willing and able to take direction from someone else is difficult. Realizing that you are not always your own "best boss," "best organizer," or "best Business Development Manager" is hard to admit.

5) Intention. This is the threshold of personal change. You have identified an obsolete belief or behavior pattern, and you are now motivated to replace it with something more empowering. You are ready to move away from your former stage of development and embrace the next level. It's time to choose a direction.

By the time you reach this tipping point, it is relatively easy to see where you want to be. The same comparison process that exposed the original source of discomfort has probably already revealed your next destination. What is left is to embrace a mindset that affirms your resolve to go there, and to formulate a plan of action.

6) Action. In the world of personal transformation, this is the only way to achieve results. If you do not act, nothing will change. In fact, your discomfort with the current reality will increase because you have a much greater awareness of it. Before, it was just a subtle sense that something is no longer working. Now, it has a face.

Taking action is the only way to reestablish internal harmony. Any other course will require that you relinquish control and accept the mindset of a victim. When people feel helpless and depressed with their life, failure to take action and move toward a solution is often the cause.

7) Integration. This is the final stage where you have fully adopted the new belief or behavior. What started as a subtle awareness that something needed to be adjusted, has resulted in new milestone on the journey of personal change.

You have now reestablished your internal harmony on the next level. You have also successfully let go of an established, but obsolete, belief. It has been replaced with something much more empowering.

Choose Personal Growth

The more you experience this process the more natural it becomes. For those who embrace change, personal growth is a way of life. Never fool yourself into thinking that resisting change is the easier course; it's not, because it robs you of the happiness and sense of purpose that you deserve. When you embrace change, you embrace life!