



## The Seven Stages of Personal Change

We know that in order to move past something, we have to make changes. Change is not instant though; it happens in stages. The main thing is to take the first step. Most change will happen through 7 stages.

### Stage 1) Developing Awareness.

The motivation for change begins with a sense that we aren't fulfilling our full potential in at least one area of our life. This awareness can be subtle at first, where you perhaps just realize that you no longer feel as efficient in certain areas of your life or are constantly sad about this life area.

When you feel this way, you need to recognize that there is something wrong and start to investigate it. You need to admit that something needs to be adjusted in either your mindset or in a practical area of your life.

### Stage 2) Discovery.

The discovery stage is where your conscious mind has located the primary source of your discomfort and is doing its best to help you become more aware of its presence. There could be a few possible causes so try and work out the most prominent or the one with the greatest influence on your emotions.

The human ego often tries to deny that something is a problem. Often you will believe that your discomfort is caused by a source that's external to you opposed to an internal one. For personal change to occur beyond this stage, it's crucial that we accept that the source of our uneasiness is within ourselves and within our ability to control.

### Stage 3) Ownership.

In this stage, we must take sole responsibility for our discomfort or unease. That means that we must fully acknowledge that the source of our problem/s is internal and not external. At this stage, we consciously recognize that it is our thought patterns, emotional inconsistencies, lifestyle habits, perception, limiting beliefs, or our faulty reasoning that needs to be amended.

In life, empowerment comes via taking responsibility, and assuming full ownership of any given situation opens the doorway towards a whole new level of maturity, empowerment and personal growth. Once we have owned the issue, we realize that we can control what happens going forward.

If we are not willing to accept our responsibility in the matter, then we will struggle to move forward with any real success. This is the most important stage of the process





### Stage 4) Exposure.

This is the stage in the process of change where we expand our search to identify the habit or attitude that has stopped serving us. We recognize in which situations we feel the problem is at its worst and the situations in which we survive quite comfortably. We then change our mental approach slightly to be more prepared to be exposed to future situations – and approach them more maturely – and also to start to enjoy the situations we are comfortable in more.

It is vital that we do not just run and hide from the problem. A certain amount of confrontation is needed (either internally or with other parties) in order to start to clear out the negative experiences we have already had.

### Stage 5) Intention.

This is the threshold of personal change. You have identified an old belief (or behavior pattern) and are motivated to replace it with something more useful. You're ready to embrace the new. It's time to choose a direction.

It is relatively easy to identify what your desired state is (i.e. where you want to be). This stage is about being specific with yourself and choosing the path forward you see working best. All that remains left for you to do is to embrace a proactive mindset and formulate your plan of action – and BELIEVE that it will work out.

### Stage 6) Action.

Without action, this is all for nothing! Taking consistent action is the only means by which to achieve real results. If you don't act, nothing will change and your discomfort with the present reality will intensify due to your now greater awareness of it – and sense of knowing how to solve it, but not trying to.

Taking action demands that we let go of fear and embrace the uncertainty, as we step out of the comfort zone and into the gap between where we previously were, and where it is that we envisage ourselves being.

### Stage 7) Integration.

This is the last phase of the process of personal growth where change has now happened. What started out as a mental awareness that an adjustment needed to be made in your life, has consequentially resulted in a new evolution in your journey of personal growth and development. It is important that you integrate this into as many situations in your life as possible – and get the support from those who you think can help, to stay on course

The more you take control of this process, the more natural it becomes.

