

5 STEPS TO CONSCIOUSLY CREATE CHANGE

Awareness

Ownership

Reflection



Knowing others is intelligence.
Knowing yourself is true wisdom.
Mastering others is strength.
Mastering yourself is true power.

- Lao Tzu -

Clarity

Action

Change

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STEP 1 - Increasing self-awareness.

What does this *really* mean?

How do you do it?

How do you approach life?

How do you show up?

How do you respond to situations, or do you react to them?

What are your patterns?

What is your behavior when you become frustrated? Do you shut down?

What are your triggers?

What stories do you tell yourself?

What beliefs are limiting you?

How does fear keep you stuck?

The list goes on and on...

How well do you *know* yourself?

How much do you *love* yourself?

Become curious. Become aware.

Hear these little whispers of questions as you go through your day. Set an intention to observe. Journal about what you notice.

We all have our own unique map of the world, created through our experiences, beliefs, and environments. You have to become aware of how you do it to change it.

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STEP 2 - Taking ownership of your process, your choices, and your life.

This means taking ownership of your words, thoughts, feelings, actions, *and* reactions. You are not responsible for others' words, thoughts, feelings, actions, or reactions.

Get real with yourself.

Are you blaming someone else for not having what you want?
Are you holding onto resentments?
Are you owning up to your choices and the part you played?
Are you making excuses?
Avoiding certain situations?
Have you said something to someone to intentionally hurt them?

If you are answering yes to these questions, understand this truth is subconsciously draining you. There is negative energy that lies within you and the only way to get rid of it is to be honest with yourself and deal with it.

Be accountable. Accept. Forgive.

Are there people you can make amends with that would help release some of the heaviness that weighs you down?

Drop into your heart and have gratitude for where you are *now*.

Make a solid, honest inventory.

The most important person to forgive could be YOU!

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Step 3 – Self-reflection, taking time to be with yourself.

Spend some time in a quiet room or perhaps take a walk in nature. Meditation is a great tool to practice here. Sit still. Listen. Practice. It gets easier.

When thoughts come to mind, what do you do with them?
When the questions come, are you being honest with yourself?
What is your body telling you?

Accept the truth of where you are and start envisioning where you want to be.

Start dreaming! Removing all limitations that come to mind.

Instead of saying, “I can’t do that”...
What if you began to say “I can!”

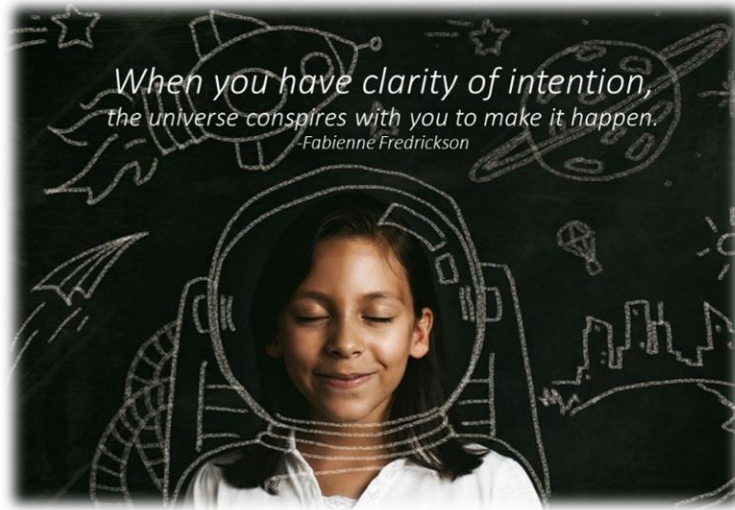
Notice the reaction in your body when thoughts appear.

Do you get a tingle and smile or does your stomach cringe? Take in this information.
What *feels* good?

Spend a day following yourself around.

What is calling you when you remove the day-to-day activities?
What do you see? What do you hear? What do you smell? What do you feel?

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Step 4 – Creating a vision with intention.

Now that you have spent some time reflecting, you may be thinking...

SO WHAT!

NOW WHAT?

It's now time to make a clear plan.

Having a vision of what you want to create will give you the motivation to move forward, placing one foot in front of the other, taking yourself lightly along the way.

Let this be F-U-N! Be creative! Enjoy the process.

Draft out an action plan.

Be clear and honest about your current reality (NOW), relative to where you want to be (WOW)! Then bridge the gap (HOW) with the steps you think it will take to get there.

Where do you want to be next week... next month... next year... in 5 years from now?

Think about your resources. You are not alone.

What steps are completely dependent on you? OWN IT!

What steps will be dependent on someone else? USE CAUTION when waiting on others. Dependency on others leads to more excuses.

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Step 5 – ACTION!

After completely the inward work and connecting with what your heart truly desires, this is where the rubber meets the road.

Now you take action! Now you take risks.

HOW EXCITING! Doing something different! Moving forward, one day at a time, creating the change that you desire!

Every action builds momentum for another action.

During the change process – and *it is* a process - don't be attached to the outcome.

Be patient. Be gentle with yourself. You will learn and evolve along the way. You might even change paths if something you never dreamed of came to meet you. Take each opportunity as it presents itself. Be open to detours. Be flexible.

Long-lasting and transformational change happens when you become self-aware, take ownership, gain clarity, take actions... *and most of all...* have conviction of the heart.



“Whatever you are not changing, you are choosing.”

-Laurie Buchanan

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