

# Easy Steps to Change

To imply that making changes in our lives is a piece of cake is an outrage! But, is it? I have found that when we truly want to change, we seek for ways to implement such changes. The beauty of it is that once we learn how important it is to put our realizations into action, we empower ourselves – we take back the power we gave away to others.

I have used three simple steps which have helped me to begin the process of changing. If you feel you can use a little change in your life, take the time to read the steps below and complete the exercise; it will help you identify the area(s) you're looking to change or improve. The first step is always the hardest, but it is the most rewarding.

When going through the process, think about what Change means to you:

- Why do you want to change and how do you want to feel?
- What is lacking from your life?
- What is it that you want to believe or create?

## 1. DETERMINE:

- a. Clarify and recognize what situation you want to change and why you want to change it. Be fully honest and realistic.
  - i. We do this because when we become aware and identify that we are not in line with our well-being, we will have the power to change.
- b. Be completely honest with yourself so that you can have a clear understanding of what it is you want to change.

What do I want to change? \_\_\_\_\_

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## 2. ACCEPT:

- a. Take full responsibility for creating your situation.
  - i. We create our own reality, whether we want to or not – consciously or unconsciously.



- b. Sum out (figure out) why you created such situation without censoring it. Let your realization flow freely and write down everything that comes to mind.

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- c. Now, go back and read your findings. Ask yourself, “Does this seem right or truthful?”
  - i. You will probably have a reason as to why you created the situation; however, now you are aware of it and have the opportunity to change it.

### 3. PARDON YOURSELF:

- a. Stop blaming and beating yourself up for whatever situation you put yourself in. Just forgive yourself. Say it out loud, “I forgive you.” Or “I forgive me.” Yes. It may sound silly and crazy, but if we are able to forgive other people for whatsoever they’ve done to us, why can’t we forgive ourselves? When you forgive yourself, you immediately begin to attract a more positive and soothing energy. It’s sort of a healing mechanism.
  - i. Once we have forgiven ourselves and focus only on what we want, we can move on to change and will easily and effortlessly find the tools, techniques, and ways necessary to do so.

We are all more than capable of empowering ourselves to make whatever change we want to. However, not everyone believes he or she has the need to change, and they also lack the comprehension that this is not the life that was chosen for us. We choose the way we want to live. It is up to us to either change it or not.

If there is something you want to change, go ahead and do it! I suggest you start with something small, like cutting down how many cups of coffee you drink in a day. Think of something that doesn’t require much energy (at first). This accomplishment will bring you confidence and will help you create the life you want to live and desire – One small change at a time.



If you need any help with this exercise, feel free to send me a note and I'll be more than glad to assist you. Or don't be shy and sign up for a free, one-time, coaching (talking) session. I'm all ears.

All the best,

Judith 😊

Note: All sessions are private and confidential.

