

# Start a Transformation

Words: Dionne Edwards

“Giving your all is the name of the game,  
If you are really looking to change  
It comes from within and requires true grit  
Commitment is key if you want it to stick  
Add in self-belief and the willingness to learn  
Before you know it the tide will have turned  
Look around and see the new you  
Sailing through life and enjoying the view”  
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**W**elcome to the life coaching corner where change equals growth and growth means we are REALLY living!

When you hear the word change and apply that to your life what thoughts come to mind?

Are you filled with excitement at the prospect of change or does the word fill you with dread?

As a general rule we are creatures of habit and so the thought of change can be quite daunting.

We live our lives filled with many established and well worn routines. We have a routine when we get up in the morning. We may have routines we follow at work and at home which include from who we see on a regular basis and where, to how we do our shopping in a supermarket! We have our like and dislikes which are built up over time from a combination of socialisation, beliefs and experiences.

Having routine, means doing some things in a specific way and therefore, knowing the outcomes of those actions which creates familiarity. The events in our lives which are familiar feel safe – in some ways they may even generate a sense of contentment because we know what will happen, and how we will feel. This is in fact our comfort zone.

There are many reasons why we may choose to remain in our comfort zone. We feel in control There is a feeling of familiarity and safety We don't believe we are capable of making a change It's easy!

There is also a fifth reason which is a common reason for many

... FEAR! Anthony Robbins describes fear as False Evidence Appearing Real. In other words you may think a change may result in negative experiences and outcomes from choosing to step out of your comfort zone. So how can you overcome your fear and or resistance to change?

Here are a few key questions you can ask yourself...

What change do I want to make?

What skills do I have that will help me make this change?

What help do I want or need?

How will this benefit me/ my family / my career?

What is the main positive benefit? How will I look when I have made this change?

How will I feel when I have made this change?

What will I be saying when I have made this change?

When thinking about change one of the best things you can do is spend some time focusing on what the positive outcomes will be. Then using your answers to the questions above, you can create a written statement which fully describes how, when and what succeeding in making a change will look and feel like. Feel free to include the kinds of words and phrases you will use when you make your change. Writing it down helps to make it more concrete and definite.

So, what are the benefits of change?

You gain new experiences

You gain a new level of understanding

You see things from a different perspective

You can develop new skills

You grow  
You transform into an even better version of you!

I see the edges of my comfort zone as an intransigent line that can be stretched and pushed further and further out from the epicentre that is me! The more I grow and change the further away the boundaries of my comfort zone are to the point that sometimes it seems as if I can't really see a boundary anymore! Imagine feeling like that? How liberating is that!

Real change can bring about amazing transformations. A previous client of mine has made a significant step change in her life moving from being a salaried employee for the last 15 years to now running her own consultancy business. A change she didn't initially think she could do.

So now is the time to make your changes and start a transformation revolution.

Alan Cohen says it best 'to grow, you must be willing to let your present and future be totally unlike your past. Your history is not your destiny.'

Start changing today and enjoy a ever more improved version of you!

Dionne Edwards is a Life and Careers Coach dedicated to helping you achieve your goals, find balance and make positive changes in your life!

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