



**LB Coaching**

# CHANGE IS AT YOUR FINGERTIPS

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## **Lesson 1**

### **Part 2 – Understanding change**

The single most important thing to remember about change is that you can only change yourself. If you would like to see changes in your life that are dependent on other people or things changing for your sake, you can get ready for a disappointment right now. It's not going to happen. You are the only one who is in charge of your own happiness. How do you recognize that you are relying on external factors to make you happy? This happens when you say to yourself: "I will be happy if: I get a better boss, husband, family...If I change my body, car, house...sure, all those factors have an important place in your life but you are the one who has to reach for whatever it is you want, not expect the others to do it for you. The bottom line is, you can't look for an external solution to an internal problem.

## **Lesson 2**

### **Part 2 – Keep your focus positive**

Usually, focusing so much attention on what it is we want brings our energy levels up and for a while we really believe that "something" is going to happen. Naturally, after a while the initial enthusiasm fades away and we are facing the stark reality of our "still unchanged lives".

However, for the success of your whole "makeover" it is necessary to keep your spirits up and absolutely believe in the final result. This is easier said than done, so let's talk about how to keep your focus and attitude positive.

There are a few little exercises you can do on a daily basis that will help you with this.

## **Lesson 3**

### **Part 2 – Touching on your values**

Each of us has instilled inside ourselves a set of core values. Values represent a certain compass, navigating us away from what we consider "wrong for us", towards what we consider "right for us". Our values have been acquired over years, primarily from our family, later school, friends, peers and colleagues.

People don't spend too much time thinking about their values, they consider them as something "given".

What many people don't realize though is that quite often they find themselves in situations that require them to act in a way that is not congruent with their values. They get stressed, become unhappy and depressed without understanding the reason. Sure, the reason can vary but it always helps to check whether the distress is being caused by a discord between our values and our actions.

## **Lesson 4**

### **Part 2 – Dealing with other possible obstacles**

There will be times on your journey towards a new you and your new life, when you will be asking yourself many questions and the answer “I don't know” will come up. Don't despair; nobody was born with all the answers. However, sitting and waiting for the “right” answer will also not get you anywhere. Try to develop a “give it a go” attitude. Allow yourself to make mistake and just go for it. You practiced this in your previous lessons, so it should not be too difficult for you. Avoiding mistakes is the easiest way around but we also quite often find that by doing so we end up right where we started ...and that is not the idea here, right? Once you allow yourself to make mistakes, you will become more assertive in silencing those negative voices. Develop a routine when each negative thought or sentence that comes through your mind gets answered with a completely opposite statement.

## **Lesson 5**

### **Repeating patterns**

If you pay close attention, you will be able to identify a set of patterns that run through your life, without you even realizing. For example, you get bored half way through every project. You are great at starting new ideas, even at taking powerful action but when you reach a certain point, all your enthusiasm vanishes. Another example is surrounding yourself with people who don't challenge you enough or don't give you an honest opinion, thus you never get any valuable feedback. Deep inside you yearn for somebody who will really give a straight answer but then you go back to your old crowd and don't break the pattern. So what do you do about this?

# Lesson 6

## Part 1 – Building your ideal life

If you look at your wheel of life, you will see how all the sections are intertwined. To achieve a change in one area usually means initiating change in another area. For instance if you change your physical environment and move much closer to your work place, it will affect the time you spend with your family, your leisure time, your health. Each section of the wheel of life represents the building blocks to constructing your ideal life. Let's look at what exactly these sections represent in your life for a better understanding of their importance.