

## Effective Life Success Coaching Tools for Dealing With Change

By Suzanne Robinson, Certified Life, Health and Wellness Coach

How are you at dealing with change? Certified Life Success Coach for Professionals, Suzanne Robinson, [www.practicewithhonor.com](http://www.practicewithhonor.com) outlines 7 steps that might make it a bit easier to deal with.

Flexibility is critical in all areas of life. As a life success coach and practice advisor, flexibility in the clients I work with and their staff is critical to a successful outcome. There's a great book by Donald C. Decker called, "Virtues: Life's Enrichments" that talks about this subject in a way that I've utilized for a long time now.

"When things get tough, flexible people bend and become stronger. They keep learning and growing. When people have a hard time being flexible, they keep things the same old way when new ways are needed. We must be very careful that we do not become rigid. When we are rigid and things don't go our way, we get angry."

If that statement defines your perspective or behavior when it comes to change, then there's a problem. Your peers and friends will tire of your negative energy. At some point in your life you will be forced to face this lesson. You may lose a lucrative job, a loving partner or wonderful friends. And the scenario will repeat itself until change is accomplished.

"How do I change," you might ask. Read on.

### **Step 1: What's The Worst Thing That Could Happen?**

Go ahead and think of something that you've wanted to change. It could be a behavior, a habit, or something else. Sit down and ask yourself, what's the worst thing that could happen by giving up the old ways of doing or thinking? Write them down. Let your fears do the talking.

Now when I say to write down what could happen, I mean write your deepest fear regarding the change. Such as, having to feel your emotions and experience the pain of sadness, self-loathing, anger, whatever comes up for you. Or the dread of having to break in a new healthy habit like exercise, reading, walking daily, learning a new cooking method, sailing, kayaking, joining a gym, you get the picture.

### **Step 2: What Are The Chances?**

How deep is your fear? What are the chances you won't survive the change? Talk to yourself as if you were giving advice to a friend. Write down the counter thoughts. Using smoking as an example, how probable is it that you'd start to get headaches or, gain weight? Is that guaranteed? And even if you did get headaches, would they last very long? Again talk this out and try to verbalize it as best you can. Onto step three.

### **Step 3: Now Talk It Out**

Go to the mirror, look at yourself and read steps one and two aloud. Look at yourself in the mirror. Don't let yourself off the hook. Experience the emotions with each step. Chances are it will be a habit that you've had for a long time so the exercise should really make you think and feel at this point. I would advise you do this when no one is around.

### **Step 4: Keep On Talking**

Now keep looking into the mirror and we're going to start a positive verbal technique. Again, make sure you're alone for this. Say the following things out loud:

"I am worth it and deserve all good things"

"I have faith in myself."

"I will let go of old ways and learn new ones."

"I have confidence in my future."

(Make up some of your own too).

The purpose of this step is simply to sway your perception. The fact is, there is no right or wrong when it comes to whether or not you choose to smoke, overeat, bite your nails, etc... It is your choice. I am not talking about the right or wrongness of it, I am talking about will power. That's it. Nothing else. If you want to change something, then that's what you'll do. If you slip up and make an unhealthy choice then the next time the urge comes make a healthy choice. Practice will make perfect.

### **Step 5: Believe, Believe, And Believe!**

What do you think this step is going to be about? You got it. Believe in your potential. As crazy as it sounds, nothing is impossible to those who believe. If one way doesn't work, get creative; find a way that works for you. Start thinking outside of the box. You know what motivates you so be your own coach.

### **Step 6: Walk The Walk**

Strap yourself in and go with the flow. Others may not believe you can change but do not let them influence you. Here's a very important tip. Don't speak about changing, just do it. It's best to let others find out through your actions, not your words. You can talk the talk; let's see you walk the walk.

This is the part of the exercise where the up-hill battle begins. There will be good days and bad days but again, it's all in your mind. Once you've started to make the changes, don't look back. You know you can do this, otherwise you wouldn't have gotten this far. It is all about choices in the moment, remember? Stay in the moment as often as you can.

**Step 7: Start Again**

In your worst moments, repeat steps 1-6.

Lastly, journal your thoughts and accomplishments daily. There'll be the good, the bad, the memorable, the not-so-memorable, the easy things, the tough things, and more. Write it all down! And look at your journal often. This is a great tool to help you cope with the ongoing process. And your personal coach of motivation as you look back on your progress.

Now go get that pad of paper, a pen and start with step one.