



MY PLAN FOR PERSONAL CHANGE

The age-old question of can people change?! For the most part the answer is YES!...with one caveat there are four requirements that are necessary for effective change. I will quickly go over those here for you and then I want you to think about your own habits, relationships, patterns in relationships and what in these areas of your life deserve some much needed change? Hmmm.

Ok so let's get to it, the 4 requirements are:

- 1. INSIGHT:** True change cannot come about without some awareness of what needs changed. This sometimes comes before the other steps, but at other times new information can prompt insight of something you need to deal with. But remember, insight alone is not enough to bring about meaningful change.
- 2. NEW INFORMATION:** Almost always, change requires learning something new, getting a fresh perspective or multiple sources of just plain new information. You can check out your motivation (or a partner's motivation) to genuinely change by how hard you work on gaining some new information.
- 3. DELIBERATE EFFORT + HARD WORK:** Change does not happen overnight or in your sleep. It requires intentionality and some down and dirty hard work. Setbacks are expected, after-all routines are just that routine, so keep at it!
- 4. TIME:** True change takes time and requires practicing this change over time. A good rule of thumb is to consistently practice a change for 90 days. New patterns usually require at least 90 days to your new normal!

Choose one area of your life you would like to change and write a plan for implementing these four ingredients of change.