

# sort your **life** out **CHANGE**



**Not everything that is faced can be changed, but nothing can be changed until it is faced.**

James Arthur Baldwin

**With only a couple** of weeks remaining till the birth of our first child, my partner and I are constantly reminded by family, friends and colleagues that our life is going to change. Who are they kidding, it will be totally transformed and the learning curve is going to extraordinarily steep. Although we have read the literature, equipped the nursery, packed the bag for the maternity stay and listened to a multitude of advice, nothing can prepare us for the change that is about to transpire.

Change is unremitting. This summer's miserable weather has brought added weight to debate on climate change and although we may not appreciate it, it is a constant reminder that change happens. It is one of the very few constants in life. Sometimes we are prepared for it, every so often it is forced upon us and occasionally we make the decision to change. Yet whilst we can't control much of the world changing around us, we can control how we respond. We can choose to anticipate and embrace changes. However for many,

change is an issue that we would rather avoid and as a result we have become resistant to change, preferring to settle rather than embrace the transformation. Resisting change is like trying to stem the flood, futile and ineffectual.

Perhaps we would rather not look at our own lives and admit that change must happen, if we are to grow. By and large it's easier to point to others who resist change than recognise or admit to our own change resistance. After all change will create yet more change and will have an impact not only on ourselves but also those around us and our environment. Burying our heads in the sand, putting up and shutting up, only prolong the misery. But perhaps it is easier to remain distracted and discontent rather than address patterns of our behavior. Could the thought of change be too great and hold too many fears for us to overcome?

**The greatest revolution in our generation is that of human beings, who by changing the inner attitudes of their minds, can change the outer aspects of their lives**

Marilyn Ferguson

Recently we wrote about beliefs and how they form the cornerstone of our lives, allowing us to us to make sense of the world and how we function in it. We asked you to question your beliefs and start about the process of creating your own "I believe" guide, which could help you navigate your way through life's ups and downs. In so doing, you will have instigated change and made way for further change. Consider your life at the moment, if you are not happy with an aspect of your life at present and want to change, the first thing you need to do is question your beliefs and transform your mindset. It can happen right now, you can amend the habits of a lifetime. We have seen at first hand people do it. We have watched 60 a day smoker's stop for good. We have seen people lose more weight than they ever dreamed possible. We have seen people become more positive about themselves and build up their self esteem, and generally enjoy a better quality of life. It's not possible to begin to imagine the harsh circumstances that some of the people we have worked with have to endure, day in and day out, but remarkably they chose not to let their situation impede their process of change. They simply made a decision and changed.

**Change. It has the power to uplift, to heal, to stimulate, surprise, open new doors, bring fresh experience and create excitement in life. Certainly it is worth the risk.**

Dr. Felice Leonardo Buscaglia

### Do your habits support you?

Confucius wrote, "The nature of people is always the same; it is their habits that separate them." There is nothing wrong with having habits; it is just that some habits can support us, whilst others hold us back. Successful people have successfully formed the behaviour patterns that support their success. This generally means doing those things that most people don't want to do and practicing them effectively. If you believe your habits are holding you back its imperative to realise that the only thing that is stopping you from moving on is the understanding that you can change. You do not have to be this person. You have made yourself into this person and you are far more than the sum total of your habits.

**If you don't like something change it; if you can't change it, change the way you think about it.**

Mary Engelbreit

It is important to recognize that you are much more than your behaviour, because you can change your behaviour. You might still doubt that you can change, but we are sure you know someone else in the similar situation to yourself who has broken their habit. Never forget that good and bad habits are tiny, daily choices that accumulate. Like a tree that grows a little each day, our modest choices accrue without much notice. By the time we become conscious that we have either a good or a bad habit, the habit has us.

What precedes all our behaviours, actions and performances? What turns a dream into reality? The answer is decisions and not your conditions that hold you back. If you make the decision and chose to make some different choices to the ones you are making now, you will succeed. Ultimately most of our daily choices are made unconsciously. To change our habits, we first need to be aware of them. Then we need to work backward from the habit to the daily routines that mould them. To change the habit, we need to change those practices.

To take this one step further and thus ensure change, consider the internal and external aspects of change. To simplify, we make an internal decision to change, that is then backed up by an external change. For instance, if you want to lose weight, you make the conscious decision to diet and you then support this by changing



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your external environment. By removing all fatty and sugary temptations from your kitchen cupboards, it becomes impossible for us to snack and thus our weight loss process is supported. When we change our environment it forces us to change.

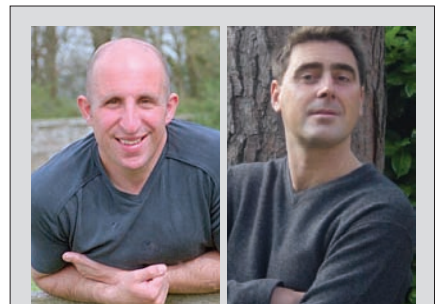
### TASK

Make a list of your habits, both good and bad. Try and identify those that support you in life and those that hold you back. Pinpoint the habits you would most like to change and develop an internal and external strategy to manifest this change. Set yourself a realistic time frame in order for this to happen and enlist the support of friends and family to help make this change happen. Bear in mind, change is life. Successfully dealing with change means choosing to grow and develop continuously. Failing to grow is failing to live.

**“It's not the strongest species that survive, nor the most intelligent, but the most responsive to change”.**

Charles Darwin

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Pete Cohen and Carl Benton are both health and fitness professionals and Life Coaches. Pete is also a motivational speaker and author of numerous best-selling books.

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