



Step Change your Life

Six Steps to Change your Life

Inspire Change Message

Bonus Article

**“Don’t get stuck in the same old average routine.
Here’s how to start the domino effect of change.”**

John C. Maxwell



Introduction

Hope is the foundational principle for all change. People change because they have hope, and if people do not have hope, they will not change. You are responsible for the changes that you make in your life.

The good news? You can change your life if you really want to. You can improve it, make it better, make it more meaningful, make it more pleasant. And it all starts with changing the way you think. According to James Allen, the author of the book titled ‘As a man thinketh’, the objective of his book is stimulate men and women to the discovery and perception of the truth that they themselves are makers of themselves - by virtue of the thoughts which they choose and encourage; that mind is the master-weaver, both of the inner garment of character and the outer garment of circumstance, and that, as they may have hitherto woven in ignorance and pain, they may now weave in enlightenment and happiness.

So, are you ready? With this thought in your mind, I am going to walk you through a six-step plan for achieving positive lasting change.

The Six Steps to Change your Life

Here's how you give yourself a little hope:

Step 1: When you change your thinking, you change your beliefs.

Change begins with the mind. "A man is literally what he thinks, his character being the complete sum of all his thoughts. As the plant springs from, and could not be without, the seed, so every act of a man springs from the hidden seeds of thought, and could not have appeared without them (James Allen, *As a man thinketh*).

Beliefs are nothing more than a byproduct of what you have thought about long enough, something that you have bought into—always remember that. What you believe, what you think, is just a collection of continual thoughts that have formed themselves into a conviction. When you break down the process of thinking into a manageable number of steps, you reduce the perceived risk associated with change.

Step 2: When you change your beliefs, you change your expectations.

Belief is the knowledge that we can do something. It is the inner feeling that what we undertake, we can accomplish. For the most part, all of us have the ability to look at something and know whether we can do it. Thus, in belief there is power - our eyes are opened, our opportunities become plain, our visions become realities. Our beliefs control everything we do. If we believe we can or we believe we cannot, we are correct.

Step 3: When you change your expectations, you change your attitude.

Your expectations are going to determine your attitude. Most people get used to average; they get used to second best. Nelson Boswell said, "The first and most important step toward success is the expectation that we can succeed."

Attitude is an evaluation people make about objects, ideas, events, or other people. Attitudes can be positive or negative. Explicit attitudes are conscious beliefs that can guide decisions and behavior. Implicit attitudes are unconscious beliefs that can still influence decisions and behavior.

Step 4: When you change your attitude, you change your behavior.

When our attitude begins to change, when we become involved with something, our behaviour begins to change. Behaviour is the way in which one acts or conducts oneself, especially towards others. Three fundamental types of behaviour can be distinguished: the purely practical, the

theoretical-practical, and the purely theoretical. These three types of behaviour have three different reasons: the first a determining reason, the second a motivating reason, and the third a supporting reason.

The reason that we have to make personal changes is that those little changes that occur every day stimulate your progress and put you one step further to living the life of your dreams.

Step 5: When you change your behavior, you change your performance.

Most people would rather live with old problems than new solutions. We would rather be comfortable than correct; we would rather stay in a routine than make changes. Even when we know that the changes are going to be better for us, we often don't make them because we feel uncomfortable or awkward about making that kind of a change. Until we get courage and get used to living with something that is not comfortable, we cannot get any better.

Performance is the accomplishment of a given task or act measured against preset known standards of accuracy, completeness and speed.

Step 6: When you change your performance, you change your life.

When you change the way you think and go about achieving your goals or change certain limiting beliefs and/or behaviors or change the quality of your decision making or even better change your actions, your level of productivity goes up and as a result you change your life exponentially.

It is easier to turn failure into success than an excuse into a possibility. A person can fail, however, when they relook at the situation and understand why they failed, they can make it a success. It is all up to you!!!

To Your Success!!!