



Thrivecraft Coaching

LIFE BUSINESS METAPHYSICS

Planning for Change

Choose your priority: What area is in most need of change? What seems the most important to you right now? Consider whether this change might require a short term, medium term, or long term approach. What can you do about it in the short term?

Give it shape: Take your priority, and shape it into a clear aspiration. Write about what you positively want to achieve (not what you don't want anymore, or what you feel limited by). Change setting is most effective when coined in these positive terms. This is because positive language reinforces a positive outlook and experience of life.

Be as specific and detailed as you can: Define timescales, people, amounts of money etc. Be bold, but be realistic. These questions may help:-

Exactly what do you want?

When do you want to achieve it by?

How will you achieve it? Think of as many options as you can.

How long will this take?

What steps can you take along the way?

How will you recognise that you have achieved the steps and the final outcome?

How will you look, feel and sound when you have achieved this outcome?

Support your changes: Ask yourself who or what will support you while you go through this process. Do you need to ask family or friends for support (time, understanding, space)? Do you need some other resources like a book or a club or some specific information? Make a clear list of these and note beside each one how and when you will set this support up.

Plan your progress: Think of the steps you are taking and plan the rewards and encouragement you will give yourself as you achieve each step. Make a list of these.

Writing up and reinforcing positive change: Finally, rewrite your aspiration (including all the details you've generated) using the present tense, ie. as though it is really happening. The present tense speaks to your unconscious mind. To reinforce your aspirations in your conscious mind, practice reading through your write up once a day.

For example, 'Thrivecraft has re-launched and updated it's publicity by January 2008. This is done by finding assistance for a simple re-design by the end of October 2007, placing articles and adverts in Connect, Breathing Space and Arcturus in November 2005, and updating the website and mailing out a newsletter in December 2007. A launch party is held at the Totnes Natural Health Centre at the end of January 2008 to celebrate and promote the new wave of Thrivecraft. This signals renewed success and rewards us with an enjoyable event among friends. We feel confident, fulfilled and happy'

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