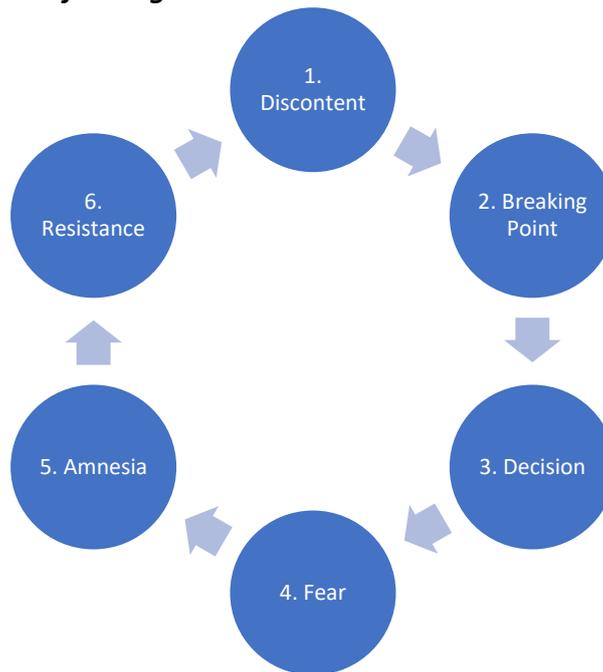


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The Change Cycle

The States of Change



Have you experienced the change cycle before?

Where are you in the cycle now?

1. Discontent – recognition of an issue
2. Breaking Point – too much to handle any longer
3. Decision – something must change – what?
4. Fear – can create the next two stages
5. Amnesia – why you were changing in the first place
6. Resistance – can lead to stopping and going back

Can you see how this change cycle is impacting or has impacted your life?

Are you ready for it to stop?

Have you experienced change amnesia before?

Are you ready to swallow the pill of self-change, even if it is hard, because you are tired of being dissatisfied/unfulfilled?

Are you ready to take responsibility for your life and create the life you dream of having?

Are you at the point where you will accept nothing less than what you truly want?

Consider the following reasons you may have been allowing yourself to be a 'victim' to this cycle:

(circle all that are applicable to you and add your own if you don't recognise it here)

- You don't want to change.
- You don't know what you want.
- Your dream isn't big enough.
- You're letting your fear be bigger than you.
- You are attached to your problem.
- You're benefiting from your problem.
- Others won't like it if I change.

And then ask yourself – am I a 'victim'? Being in the victim mentality means that we expect things to change around us/for us and we have no control.

Even if you are not the victim, change can be hard due to all that factors that can stop it. But it can also be easy.
How do you want your change to be?

