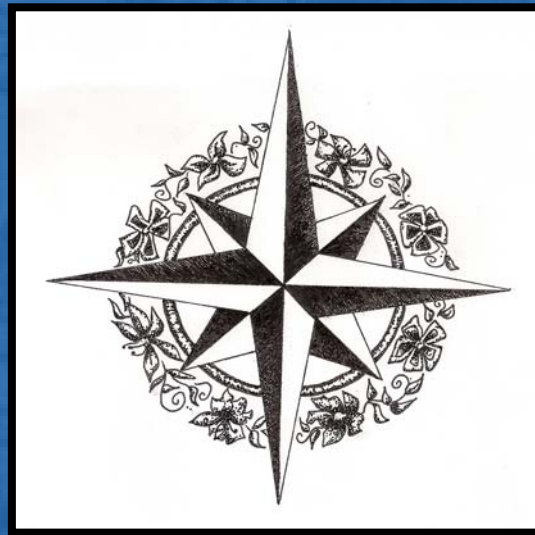


The Woman's Field Guide™ Discovery E-Book



Tips for ChangeSavvy Living

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Tips for ChangeSavvy Living

Change happens.... it's inevitable.

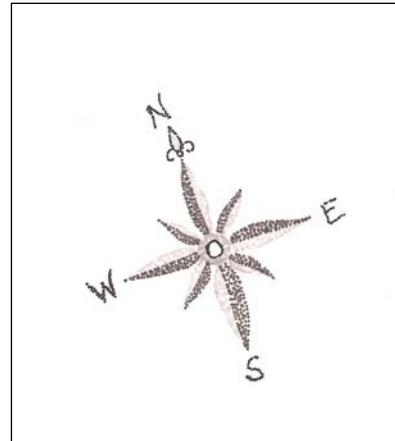
As John F Kennedy so aptly put it, "The one unchangeable certainty is that nothing is certain or unchangeable."

Here is the key: how we navigate change determines where we end up and in very real terms the quality of our lives. Contrast handling transitions (large or small) with clarity and intention, with lots of support, and while taking great care of yourself with what most people do, which is to react to whatever hits them next. The end results are dramatically different.

When we have a road map in hand to help us step by step through changes in our lives, our experience can become guided, grounded, and rich with personal growth opportunities. We can, in fact, be empowered by changes in our lives rather than overwhelmed.

Read on to:

- Learn a simple model, a simple road map for navigating change that you can come back to again and again.
- Learn practical tips to for *ChangeSavvy Living*



The ChangeSavvy Model for Inventive, Creative and Empowered Change

STEP ONE	Observe What Is	Perceive / Experience / Describe / Accept
STEP TWO	Create a Climate for Positive Change	Practice: <ul style="list-style-type: none"> - Great self-care - Clear communication - Body-centering activities - Removal of all tolerations
STEP THREE	Visualize the Ideal	Craft a compelling vision of your future in alignment with your core values
STEP FOUR	Get Comfortable with the G.A.P	A Glorious Adventure into Possibilities: <ul style="list-style-type: none"> - A time to assess strengths, resources, barriers, and blocks - A time to make sure you shift from problem-solving to opportunity- harvesting
STEP FIVE	Design a Plan of Innovative Action	<ul style="list-style-type: none"> - Define 1-3 observable behaviors that would embody the change and results you want - Create a self-observation for each to assess effectiveness - Create a structure of support and accountability
STEP SIX	Take Action	Go for it! Practice self-observations and flexibility along the way

**STEP
SEVEN**

*Celebrate!
Evaluate and
Assess*

*- Savor the causes for
celebration!
- Evaluate, assess, and
readjust actions that your
vision calls for*

Ten Tips for ChangeSavvy Living

1. Create a Change Journal to express feelings and to process the events.
2. Exercise you Change Muscle when things aren't changing. Take a new route to work, or have a picnic lunch with a friend rather than your regular lunch routine. Try something new!
3. Ask reflective, empowering questions rather than "why me" questions. Example:
What do I need to let go of to move through this?
4. Create a nurturing environment. When all the balls seem up in the air having a quiet corner to relax in and to be surrounded by things that nurture you can provide just the break you need.
5. Get support! Talk with a therapist, a coach, a close friend, a minister. Surround yourself with people who love and support you.
6. Practice body-centering activities: a walk in the woods, yoga, a run, meditation. Choose activities that help you to feel grounded and more centered.
7. Plan personal retreat time for reflection, rest, and renewal. It may be a weekend by yourself, a whole day, or 15 minutes crafted into each day.
8. Look for ways that you may be struggling with and resisting change. Simply be aware of them as they pop up.
9. Practice great communication. Let those around you know what's up.
10. Clear the clutter in your life. Remove the things you are tolerating to simplify and to lighten your load!