



Embracing Change

to create a life you love.

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Is It Time to Make a Change?

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Introduction

**WHY YOU NEED TO
KNOW THIS STUFF**

WHY YOU NEED TO KNOW THIS

What's in this for you

Change is really tough and not everyone is good at it, or understands what change means for them. When we hear the word 'change' it conjures up all sorts of negative, and positive, thoughts – depending on who you are as an individual. It's true to say, though, that for many people change is daunting, worrying and downright scary. Because there are jolly good reasons why we should embrace change, we've put together this wee book to give you a bit of a hand in overcoming those barriers to change in your life.

We probably don't need to tell you that you need to change in order to grow. The moment you stop changing, you stop growing. And “so what?” you may say. Well, when you choose not to grow your positive experiences of life begin to diminish. We assume, and it's a big assumption, that you want to have more happy experiences in life than otherwise. So our perspective is that if you want to live your best and truest life you'll be glad of some how-to and a few tips, to help you change things up in a manageable way.

Here are five reasons, and there are plenty more, that people avoid change, and we reckon they're a good place to start things from, given that we want to help you to overcome those things that stop you from getting what you want in life. Let's take a look at them here:

1. Lack of belief you can have what you want in life
2. Fear of the unknown
3. Fear of what others will say or do
4. Lack of clarity about what to change
5. Feeling ill-equipped to manage change.

[5-tips-about-making-change-happen-5-ideas-around-what-could-be-stopping-you/](#)



Blessed are the flexible, for they shall not be bent out of shape.

Dr Michael McGriffy



Step One

**SLOW DOWN,
EXAMINE,
MAKE ROOM FOR
CHANGE**

SLOW DOWN

You're going too fast

Life is really busy and navel gazing isn't on a lot of people's list of things to do. However, if you want to become a better you, and kick the fear of change in the pants, you've got to STOP and spend you time with you. You know that really don't you. If you want to learn to play the guitar would you send your friend for the lessons?

It isn't about life being so busy that we can't stop, although we might kid ourselves that it is. Think about it. We prioritise all kinds of things that relate to work, family, friends and we might even schedule in time for our own sporting endeavours and socialising. All are important. Yet, we don't seem to want to get up close and personal with ourselves for all sorts of reasons – and we make the time for so many other things, so why not our personal growth? And especially if it means we get more awesome, happier experiences in life. Hell yeah, count us in!

Maybe it's more about how much we value ourselves, even like ourselves. Maybe it's more about being scared of what we might find if we stop still. For a moment. For a while. At all.

If you don't stop you can't go any further, and you need to if you want to grow into a better you.

What will it be? Are you ready to stop now, to go further than you have before?

[Video: Overcoming Fear of Change](#)

EXAMINE

What's really going on in your life

So what is happening in life right now? Do you know and can you see?

We get so entrenched in the every-day grind of doing things that we're used to. Like going to work, managing certain relationships, paying the bills, pleasing people. It can be really challenging to see above these activities, and what's more, it can be difficult to understand how they make you feel. And that's what's most important.

The kind of change we want to encourage you to make is the good kind, the proactive kind, the 'for the better' sort of change. We want to be living a life that makes us **feel good**. We humans tend to get very comfortable with our circumstances. Change is always hard so staying the same often sounds like a great choice. However, not changing some things can lead to stagnation, which leads to unhappiness and boredom.

Here are seven areas that you could/should re-examine to keep yourself up to date, away from stagnation and on the way to feeling good. How are you doing with:

- Relationships: Is all good with your spouse, partner, children, parents, siblings, relatives, friends, co-workers, acquaintances?
- Work: Are you stimulated by your paid work, voluntary work, career?
- Personal Growth: Are you growing and nourishing yourself to improve yourself?
- Money: Is everything good and are you in control of your finances?
- Giving: How do you contribute to enhance the lives of others?
- Wellness: What are you doing to manage your wellbeing; physically, mentally and spiritually?
- Lifestyle: Are you doing stuff you love to experience?

MAKE ROOM FOR CHANGE

Some things just have to go

If change were easy:

- Everyone would be rich.
- Everyone would love their body.
- Dream jobs would be the only kind of job available.
- Life would feel easy and delightful.

Of course, there are countless reasons why change is so difficult, but having coached hundreds of people over the years, success with change really boils down to this:

*You must create room in your life for change to happen **and** you must show up consistently to “practise” the skills necessary for the type of change you are committing to.*

If you want to learn to play the piano, you have to practice a lot to build the skill set that will enable you to play. You don't just show up for a few practices here and there and expect to play Beethoven's Moonlight Sonata. It seems obvious and yet... so many people just want to show up for a few practice sessions to obtain a life they truly love to live!

Greatness isn't born from neglect. It comes from practising day-in and day-out, and just when you have a grasp on the change you were seeking, it means practising even more. There are only 24 hours in a day, of which you are ideally awake for only about 14. You will have to make some hard choices about how those 14 hours are BEST spent if you are serious about making REAL change.

When will you practise if you don't have time?

You are going to have to **prioritise** in some areas of your life. Initially, it may feel like you are making huge sacrifices to cut out the things (and people) that are not serving your goals, but as you start to reap the rewards that will certainly come from creating more time for the MOST important things, you will look back and see that the “sacrifices” weren’t actually sacrifices at all. They were simply obstacles you overcame, and they were preventing you from reaching the higher summits where the views are most spectacular.

Maybe making room for change looks like:

- Creating boundaries and getting clear on priorities
- Saying no more often and getting to bed earlier
- Getting up earlier
- Simplifying.

There is a reason the bulk of the word traction is ACTION. You can’t get traction unless you are committed to taking consistent action. Creating room for yourself in your diary will do you NO good if you negotiate and compromise that time at every turn. Would you cancel an appointment on your most valuable friend or client on a regular basis? Of course you wouldn’t, because you know deep down that you would risk losing that relationship to someone more committed to showing up.

You can't get traction unless you are committed to taking daily truthful action.

Team Eko



Step Two

**BE RESPONSIBLE
FOR CHOICES,
MANAGE THE
CONSEQUENCES**

RESPONSIBLE & ACCOUNTABLE

It all comes back to you

Being responsible and accountable is, of course, not easy. It can be fun and the payoff is massive. Let's look at it this way:

1. **You are taking control, facing what's going on in your life, so a new world and options open up for you.** You are not trying to escape from your life anymore.
2. **Consistent action is what really pays off and can help you achieve just about anything.** You start taking daily action instead of just when you feel like it.
3. **You gain an inner stability and can create your own positive feelings within without the help of validation from other people. Wow! You build your self-esteem to higher levels.** And may discover that many smaller problems you experience regularly such as negative thinking, self-defeating behaviour and troubled relationships with yourself and others start to correct themselves as your self-esteem improves.

So how do you take responsibility?

Well, that's simply a choice that **you** have to make.

Doing the right thing in every situation is hard to do and also hard to always keep in mind. So don't aim for perfection. Just try to be as good a person as you can be right now.

When you come to know those very important reasons above, it becomes **a lot** easier to stick with taking responsibility and being accountable.

MAKE CHOICES

Create what it is you want

Remember that you call the shots. It's your life.

Taking control of your own life means making choices. First of all, it's important to realize that you have choices. Make the decision that you want to live a vibrant life and accept the fact that it may look a little different from the status quo. Who wants the status quo?

Your life is your own. You are 100 per cent unique and talented in your own special way. You have the right to spend your life doing the things you love to do, and experiencing things that bring you massive joy.

You are gifted in a way no one else is—and when it comes down to it, no one else can do what you do, quite like you do it!

Create a blueprint for life that nails down just what **YOU want your life to look like.**

Once you've nailed down what you want your life to look like, it's time to just do it. Take action and start making the life of your dreams a reality. Change is scary, but this should be scary in a very good, exhilarating way.

Just make minor changes to your life's blueprint at first, especially if change is difficult for you. The point is to just start making things happen. As you gain momentum, you'll begin to experience bigger and bigger changes and growth in your life, and, as a result, growth in your happiness.

Get started on your amazing journey designing a lifestyle that reflects you perfectly.

[Story: Choices, Choices](#)

MANAGE CONSEQUENCES

Know how what you do affects
other things & people

We make decisions every single day. Some are simple, others are more complex. Some of your decisions will be so routine that you make them without giving them much thought. But difficult or challenging decisions demand more consideration.

These are the sort of decisions that involve:

Uncertainty – Many of the facts may be unknown.

Complexity – There can be many, interrelated factors to consider.

High-risk consequences – The impact of the decision may be significant.

Alternatives – There may be various alternatives, each with its own set of uncertainties and consequences.

Interpersonal issues – You need to predict how different people will react.

When you're making a decision that involves complex issues like these, you also need to engage your problem-solving, as well as decision-making skills. It pays to use an effective, robust process in these circumstances, to improve the quality of your decisions and to achieve consistently good results.

One of the most challenging things for most of us is just how to have those difficult conversations, once we've made a decision that will affect others. Here's a link to give you a helping hand [Cheat Sheet: How to Have Difficult Conversations](#)

GET IN. OR GET OUT.

Something we learned from the late great Zig Ziglar.

He said you have to "choose". Are you in or are you out? If you're in "Get in", really get in and fully commit with your whole heart. If you're not.

"Get out".

It's as simple as that. Choose.

You are the only person on earth who can use your ability.

Zig Ziglar



Step Three

**BE SUPPORTED
WHEN YOU
TACKLE THE
HARD STUFF**

FINDING SUPPORT

Everyone needs someone to lean on

So as we've said, change isn't easy and one of the best ways that we know how to ease the challenge is to find someone to support you and hold you accountable.

Some top tips from us to help you make your change process as manageable as possible:

Surround yourself. The best way to make change happen is to surround yourself with others making a similar change themselves, others who will support your change. Find a few people online or off, and create a support team that will check in with each other regularly. Yes, this might take some work. Yes, you can do it.

Make the accountability. Find at least one person who will hold you accountable for making this change. It might be the support team mentioned above, or a coach, or an accountability partner. Tell them not to let you off the hook.

Take a small action. If you're overwhelmed by a large change, or a bunch of big changes, just focus on one small step.

What small action can you take *today* that will move you forward? It might be something as simple as “do an Internet search about selling my quilts online”, or “call John to ask him to hold me accountable”. Take a small step, and get moving.

Movement begets movement. Now take another small step. This is how change is created.

TACKLE THE HARD STUFF

Nobody said it was easy

None of these are insurmountable, but they can often cause us to put off major changes. So be aware of them:

- Fear of change
- Not wanting to be uncomfortable
- Fear of uncertainty
- Being tired
- Fear of failure
- Fear of not being good enough
- Not having time
- Being busy with all kinds of things
- Waiting for something to happen
- Perfectionism
- Being overwhelmed with all that you have to do
- Not knowing how.

We **all** have these fears and reasons for not taking action.

They're all bull###it. Yes, the fear of failure, and change and discomfort, and uncertainty are real ... but they're not good enough reasons for inaction. They can all be overcome. We've dealt with them, and so have thousands, millions of others. You're no less capable than us or anyone else — you **CAN** face these fears.

Yes, you're busy, tired, overwhelmed, lacking time ... we all are. Get motivated, and prioritised. You can make **anything** happen.

So let's look at how to overcome these fears, find motivation, and prioritise. All with one small set of actions.

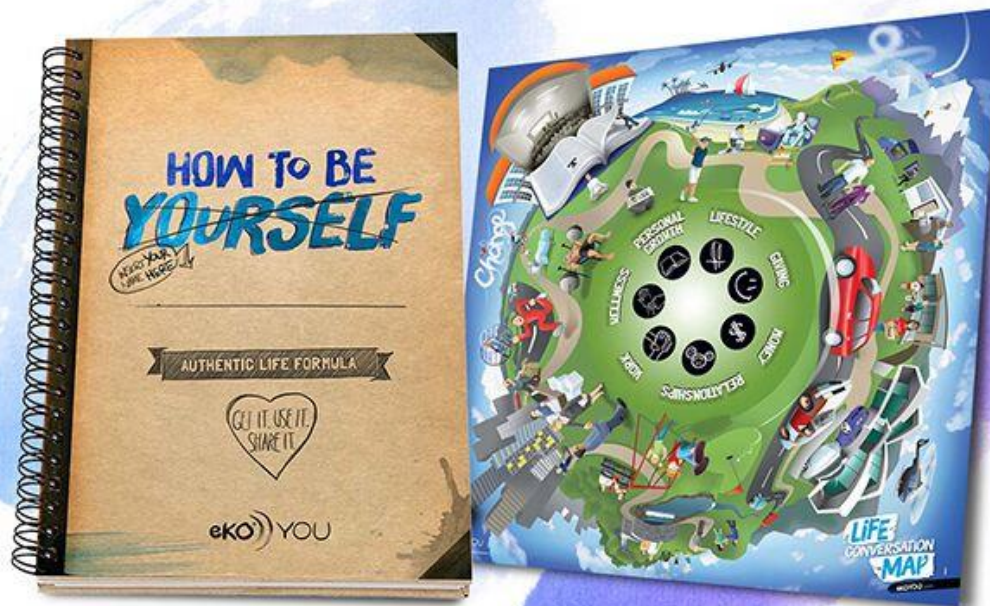


EMBRACING CHANGE

(In a 12-point nutshell)

1. Stop avoiding change
2. Be flexible
3. Slow down
4. Examine what's going on in your life
5. Make room for change
6. Be responsible and accountable
7. Make decisions
8. Manage consequences of your choices
9. Find good support
10. Tackle the hard stuff
11. Believe you can
12. **START NOW!**

[Story: When Life Gives You a Shove](#)



This image is an example of our Authentic Life products: Get in touch to find out more about our range of online and face-to-face programs, services and tools for managing change and taking action, for business leaders and individuals. All at ekoyou.com.

Live a life you truly love. Live an authentic life. Start today.

Team Eko

IS IT TIME TO MAKE A CHANGE?

Check out our Change Seeker Tool: Is It Time?
to look at where you are right now,
and see whether you're ready for change.

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