

# A Simple Guide to PERSONAL TRANSFORMATION



Can people really change?

**YES!** Personal change can lead to rewarding growth and development...  
...no matter what your stage in life.



You can create the future you want by consciously altering patterns that no longer work well for you.



This means becoming very aware of the internal processes in your mind...



...letting go of the past...

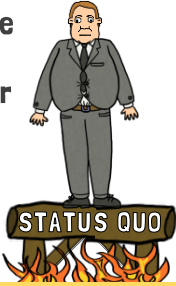


...and developing new habits that will help create a reality that serves you better.



Here are some tips to help you begin your path to personal transformation:

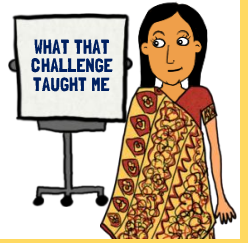
Identify why the status quo no longer works for you: the compelling reason for you to change.



Visualize a clear picture of your desired future: a strong motivator to keep you going. What do you want to happen and why?



Accept the past. Consider how the lessons you've learned have helped.



Develop a plan to get you there, with meaningful ways to gauge your success.



Create reachable short-term goals that will keep you motivated.



And Finally... Celebrate your successes.

Even the small victories.



Tell friends & family what you want to do and why.

Get their support!



Find a partner who can support you in your journey.



You are on your way!

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Organizational changes only occur when individuals within are able to undergo their own change processes. Does your organization provide an environment conducive to personal transformation?