



## How to Thrive in the Midst of Change Audio Series

### Audio #5: Becoming the Best You

Hi, this is Ros Cardinal, the founder of Shaping Change. Welcome to the 5<sup>th</sup> session of Thriving in the Midst of Change audio series.

In this segment you will gain some insights into how to become the best you – even when challenged with change.

Our entire program on change is based on the concept of thriving during change – thriving, not just surviving.

Most people survive change – they have no choice. But we believe that you can actually thrive during change.

We often take little changes in stride in our life, make quick adjustments, and move on.

The bigger changes – the ones that can often stop you in your tracks or cause you to have to make big adjustments – are the ones that offer great opportunity for growth.

Once we have dealt with the initial blow, how do we move forward? How do we grow?

First we have to accept things will never go back to how they were. Then we have to let go of the past. And finally, the third step is moving forward by focusing our attention on what we can become.

I call this: focusing on your best self.

Here are 5 tips that can help you see yourself at your best:

1. Imagine yourself at your very best. Imagination will help you set the stage for visualizing yourself in the future. Here's a fun way to look at this. If you were in a cocoon, what kind of butterfly would emerge?
  - When you imagine yourself at your best, what do you see?
    - Do you see yourself healthy?
    - Do you see yourself successful in the work you do?
    - Do you see yourself having happy, nurturing relationships?
  - When you imagine your best self, what are you doing?
    - Are you learning something new?
    - Are you on a new adventure – one that you've always longed for?
    - Are you enjoying your family and close friends?

2. Keep a "possibility" journal. Purchase a blank notebook to write in daily. You might want to decorate the cover of the notebook with magazine pictures and words that represents the Best You.
  - Each day, write one page in your journal. Here are some starter statements:
    - In 3 months (you can do this for different periods of time), I see myself...
    - I would love to learn how to...
    - The job that intrigues me the most is...
    - Here are some things that are close by my home that I'd like to do... museum, library, community theatre, dance class,
    - I've always wanted to do this, but never got around to it...
3. Choose one or two areas of your life that you'd like to improve.
  - Think about the first steps you need to take
  - Enlist the help of a friend to "check in" with
  - Begin small -- but begin;
  - The idea is to identify what you want to improve and then take small steps to begin the improvement. Small steps will lead to small success. And small success will lead to more success.
4. Make a decision to stop worrying. Worry is a negative emotion and keeps us stuck instead of moving forward. If you constantly worry, then set a timer and allow yourself to worry for 5 minutes. After that, when a worry comes to you, push it aside, telling yourself you will worry about that during your 5 minutes tomorrow. By doing this, you will find yourself becoming more of your best self.
5. Spend time with positive people who love and support you. Tell them that you are ready to move forward. Ask for their advice and when they give it to you, say "thank you." Resist every temptation to make excuses, negate the advice or whine. If you find yourself doing these then: Stop. Apologize. And Listen.
6. And here's a bonus tip. Find someone else to help. Volunteer to read at a school, take a meal to an invalid, or to ring the bell for the Salvation Army. This is a very interesting phenomenon -- when you are helping other people, your best self usually shows up.

Focusing on your best self has the ability to change your life. It will help you move from the past into the future with a fresh approach. It will help you prepare for other changes and challenges life brings you. It will give you hope.

I hope you have enjoyed today's tips for focusing on your best self.

Next time we will discuss strategies on how to help others who are coping with change.

I really like what Adios Huxley has to say about change. He said:

"There is only one corner of the universe you can be certain of improving,  
and that's your own self."

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If you haven't signed up for my free report, you can do it now!

To access Thriving in Change, go to [www.shapingchange.com.au/resources](http://www.shapingchange.com.au/resources)

I also offer a more in depth training program on Thriving in Change. Building on the things you have learned in these audios, Transitions and Transformations gives you more tools and techniques to build your resilience and move you from surviving to thriving! [You can find out more here.](#)

See you next time!

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