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5 Winning Strategies for Successful Change

Everyone has a different process for moving forward and making a sustainable change. Surprisingly enough, the key is not so much what the actual process is but rather that you HAVE a plan and awareness of what you're thinking, saying and doing. The tricky part is that no two brains are alike so our processes are unique as well. I have highlighted 5 WINNING strategies from my client research to step you through the change process:

Winning Strategies to Own

1. Commit to a lifestyle change

Successful clients consciously make an effort to consistently weave in small changes that become part of their lifestyle rather than an all or nothing approach. It's important to realize that change is a process and takes time so be patient with yourself. Maybe you want to run or walk a 5k race or finish your first triathlon. Big accomplishments are achieved because of consistent steps day in and day out. You'd be surprised that these goals can be achieved with a first step of working out just 20 minutes twice a week.

2. Design inspiring goals and write them down

Goals are your blueprint and roadmap for change. It's similar to taking a roadtrip and getting directions. Wouldn't you prefer specific directions complete with street names? A helpful resource is to think about setting SMART goals. Goals that are **S**pecific, **M**easurable, **A**ccountable, **R**ealistic and **T**imely. The bottom line is to set goals that are intrinsically meaningful to you.

3. Take small steps

Small steps help you build confidence and give you the will power to take on new challenges. Small steps help us get "unstuck" and break down goals into manageable components. Whether you're writing a book, raising money for a new entrepreneurial venture or training for a race it starts with having a plan, writing one paragraph, talking to one investor and taking one spin class. As Mark Twain says, "the secret of getting ahead is getting started. The secret of getting started is breaking your complex overwhelming tasks into small manageable tasks, and then starting on the first one."

4. Prioritize what's important

Everyone has a list of important/urgent things to do. Typically we default to the urgent list because it has to get done. The key is to be proactive and schedule your priorities rather than prioritize your schedule. Figure out what's important to you and what you want to spend time on. My advice, carve out some time so you can focus on what makes you happy and inspires you.

5. Start with a positive mindset

The hallmark of successful change is having a growth and positive mindset and a passion for stretching yourself and sticking to it, even when it's not going well. Per Carol Dweck, Ph.D. and author of Mindset, the warriors with a growth mindset embrace challenges, persist in the face of setbacks, see effort as the path to mastery and learn from criticism. When you enter a growth mindset, you enter a new world -- a world of stretching yourself to learn new things and keep growing. The goal is to reinforce the practice of what you want to do rather than what you are trying to avoid. The words you use play an important role in your success rate and ability to overcome challenges.

Ultimately, it comes down to the readiness factor when making a change. The real work comes in your ability to say 3 words -- **"I AM READY"** to be accountable, resilient, step outside your comfort zone and to live the life that energizes and fulfills you.

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