

The Formula for CHANGE ...

$$(D \times V) + F > R$$



$$(Dissatisfaction \times Vision) + First Steps > Resistance$$

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(Dissatisfaction x Vision) + First Steps > Resistance

CHANGE is an emotive word. Do you shy away from it or embrace it?

A very tiny minority embrace change because they see it as being necessary but for the majority we like our comfort zone the recognisable & familiar.

The challenge in business is the well known phrase 'the only constant is change'

Business is like a tidal wave of change & if you imagine a small individual trying to stand still in the tide, it isn't difficult to understand why so many get swept away. This can make us fearful and anxious.

However, FEAR(False Expectation Appearing Real) is a learned emotion & can and should be controlled. If we accept that change is going to happen anyway, then the only question is how are we going to embrace it?

First step is the hardest! Learn how to control fear - this takes time but can be the most useful use of your energies - it will last you for life & help in so many situations.

Step Two is to learn what & how to control the change - don't be victim to it but decide the length you are prepared to go to make it work for you.

Step three - develop a vision of what the outcome of change will be - it is far easier to be motivated if we have a picture of the outcome of change. We can accept a vision of a slim self far more than the change needed to get there.

Step Four - is taking the first steps & to develop a new habit to encompass the first steps & keep going!

We have to be alive and alert to all the external factors which influence us in this process and the desire to acknowledge the change has to be greater than the pain we need to go through.

In our business control not comfort is what we seek - don't allow change to be thrust upon you, make sure that you are the captain of your own destiny & most definitely don't put yourself in denial - remember that tidal wave will wash you away!

As always drop a comment or get in touch - great to talk! <https://tonymazzotti.actioncoach.co.uk/book-a-meeting/>