



YOUR CHANGE CATALYST

Gearing Up to Change



Key questions and top tips for change readiness

Your Change Catalyst: Gearing up to Change

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Also by Monica Castenetto

What's Your Excuse.....For Not Living a Life You Love?
(WYE? Publishing), available on www.amazon.co.uk,
on www.livealifyoulove.co.uk/books,
and in major book stores in the United Kingdom.

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Hello – welcome!

So you know that you want a change in your life – that’s great! You might just need a small tweak to your life to be happier – or perhaps you’re thinking of a sweeping transformation? Whichever it is, you’re not quite ready to actually *do something* about it. Being ready to *really* make a change happen in our life – anything from establishing an exercise routine to getting a new job, to leaving your relationship – can take us a while. Sometimes we take longer to *get ready* for a change than to actually *make it happen* in real life!



What takes time is our *inner* change process: Acknowledging we have an issue or an unfulfilled desire, and *deciding* to do something about it. Discovering what exactly we want. Getting information. Committing. Making decisions. Planning and preparing. And figuring out where to start.

That’s all fine. But getting ready to make a change doesn’t have to take years! With this Change Catalyst, which offers you *10 Questions You Need to Ask* and my *Top Tips for Change Readiness*. I want to inspire you to gently coax along your readiness. So you can get to *making* the change you want, and be more satisfied with your life – instead of putting it off, or waiting for it to happen. See what resonates with you, and enjoy the process!

Monica

20 Questions to coax your readiness along

Take a totally **honest look** at your current life: How **satisfying** is it to you?

What are you **enjoying**? What are you **putting up with**? What do you **dislike**?

What's **serving you well** in your life? What isn't **helping you anymore**?

Which unresolved **issue** have is hampering your life?

Which unfulfilled **desire** have you noticed within you?

Which **one thing** could you change to make a great **difference** in your life?

What would your best friend or favourite family member **say about your life**?

What would they say **needs changing**?

What do you feel you
need to **address**
in your life, or in yourself?

Your life does not get better by
chance. It gets better by change.



On a scale of 1 – 10, how far away are you from **knowing** what change you want?

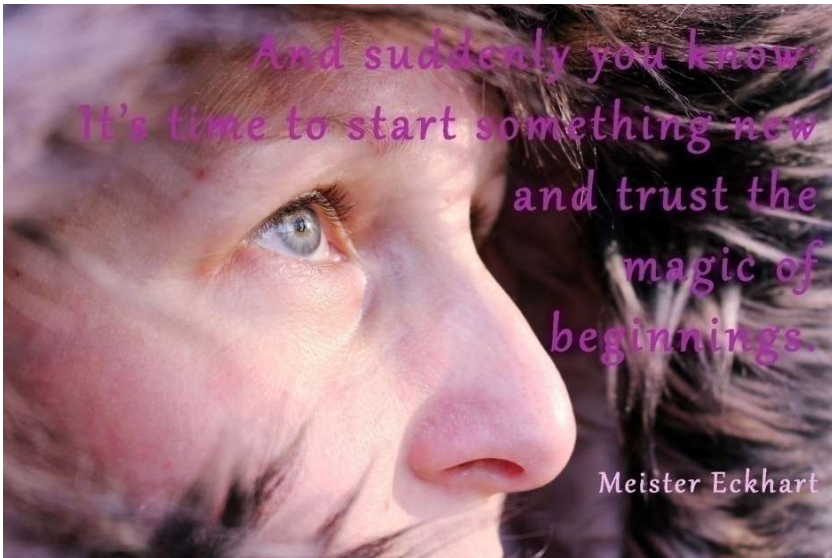
(1=I'm there, and 10=I'm eons away)

What have you already **done** to clarify what change you want?

On a scale of 1 – 10, how far are you from **taking action**

to make your change happen?

(1= I'm there, and 10=I'm eons away)



What's **stopping** you?

Which unfinished business
still needs **closure**?

What's the **greatest obstacle**?

What has it taken in the **past** for you to tackle any obstacles

and make a change successfully?

What will it take now?

Which one thing could you **do** to help you get **1 point closer** to being ready

on the readiness scale from the questions above, from 1 – 10?

When is the **best time** to do this? When **will** you do it?

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My Top Tips for getting ready to change

Think of the issue you've been mulling over and the change you're contemplating in order to resolve it. Or think of the desire you've been harbouring, and the change you're contemplating in order to fulfil it. Now consider the following points:

1. Urgency

Recognising the urgency of the change you want in your life will help you feel more ready to get started with it. Imagine an ostrich pulling its head out of the sand to realise it's surrounded by wild fires. It better do something now!

Probably your situation isn't quite as dramatic. Nevertheless, ask yourself: What is the price of **not** doing anything about your issue or desire, compared to the price of going through the change necessary to address or realise it? How could you raise your level of urgency about making this change? This will help you get ready to actually do something about it.

2. Authenticity

You'll be much more motivated to start your change, if it is something you want – rather than something that someone



Your desire to change must be greater than your desire to stay the same.



else expects of you, or pushes you to do.

Therefore: How much is the change you're thinking about in tune with who **you** are and with what **you** want, as opposed to what **others** want for you, or from you? Or is it perhaps *you yourself* who is thinking that others expect this from you, when that isn't really true?

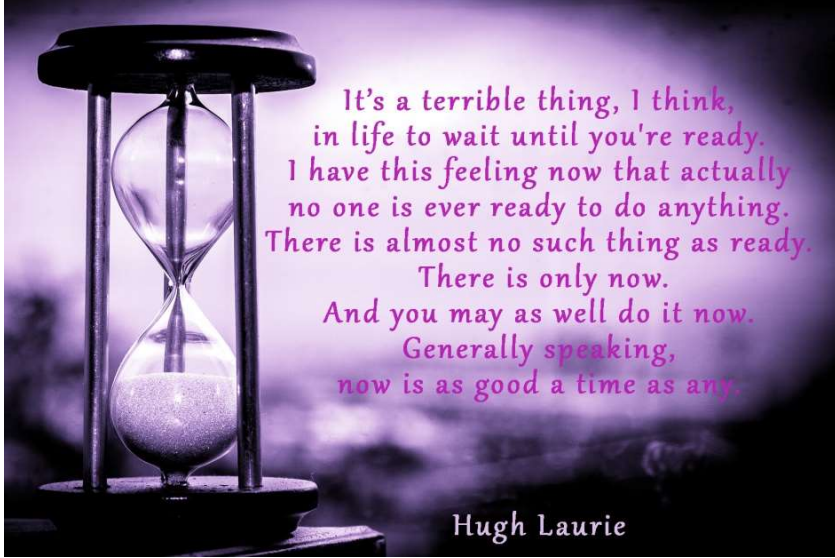


3. Passion, love or desire

These can be great drivers of change – working towards something we're passionate about and truly love can give us wings!

How passionate do you feel about where the change you're thinking about might lead you? How much do you want to be there? And how will you feel when you're there? Keep tapping into these feelings to help move yourself forward!

And if you're not feeling very enthusiastic at all about your change – is it the right thing for you to do, in the first place? (There are always things in life we have to do, whether we love them or not, of course. Then we can find other types of motivators. But working from passion or love wherever possible will make things easier.)



It's a terrible thing, I think,
in life to wait until you're ready.
I have this feeling now that actually
no one is ever ready to do anything.
There is almost no such thing as ready.
There is only now.
And you may as well do it now.
Generally speaking,
now is as good a time as any.

Hugh Laurie

4. Timing

When is the **right** time for you to embark on this change? And when is the absolutely **wrong** time?

And is there such a thing as the right or wrong time, anyway? What if you just got started now?

5. Resources

Making a change is a project, and finding, having or creating resources to carry it off will make things a great deal easier. Resources can be external, such as money, knowledge, support, a team or a collaboration, a space, or your own qualities such as strength, motivation, positive thinking, resilience.

Which resources do you already have to support you in making the change you're thinking about? Which do you (*really*) need? How could you get them?

6. Excuses

Lack of resources – real or perceived – can be preventing your change to even start – but equally, don't let it become an excuse for not getting started. Similarly, if you've been mulling over your issue or desire for a long time, take an honest look at yourself: Are you perhaps making excuses not to start a change that would make a difference to your life? What are they? What is *really* stopping you?

For help with this check out my friendly, inspiring and practical book [What's Your Excuse for not Living a Life You Love?](#)

Finally...

Having considered the points above, ask yourself:

Is the change you're thinking about the right change for you?

And how would you rate your overall readiness to get started now?

Which of the above points can you work on, in order to feel more ready?



Now what?

I hope this Change Accelerator has inspired you to develop your readiness for your change. And that you've found some practical pointers for what to actually do.

I'd love to know how you've been getting on – so do drop me a line at monica@livealifyoulove.co.uk. And if you have a questions about getting ready for change, also get in touch, and I'll do my best to answer it for you.

Want more resources?

Check out my website www.livealifyoulove.co.uk, where you'll find find my [Blog On Life and Change](#), my [Book Store](#) with inspiring writing on creating and living a life you love, and my book *What's Your Excuse for not Living a Life You Love?*

Wishing you well,

Monica



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Stuck in the confusion of gearing up for change?

The early stage of incubating a personal or life change is confusing by its very nature. Issues come into awareness, and possible changes we could make take a vague shape, yet we can be unclear for quite a while about what we *really* want.

Sitting in confusion and not-knowing, until clarity emerges, is one way of getting through this.

But if you're ready to coax things forward more consciously, I can help you structure your thoughts, gain clarity, sort the important from the trivial, notice the so far un-noticed, explore, discover and evaluate what you want. I'll ease the pain and confusion – so you can get ready to start your change in a gentle, confident and inspired way. Get underway. And feel your life improve.

Check out how you can work with me:

www.livealifyoulove.co.uk/work-with-me

Or get in touch to book a free call to explore how my coaching can most help you: monica@livelifyoulove.co.uk

