

# CHAPTER 4 – THE TRANSFORMED YOU

*...But be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.*

The buzz word these days is pivot. Everybody everywhere is pivoting in one way or another but what does it mean to pivot? To pivot is to turn around, think differently and do things differently. Life gives us many occasions to pivot, sometimes forcefully without our permission, we are thrust into adverse situations that demand us to be different in order to survive and come out thriving.

Your transformation is tied to your ability to think differently and pivot effectively. This is the last chapter in the New You, True You Coaching Program and my hope is that you have gained some valuable and practical tools to help you move forward with renewed strength, courage and vitality.

If you would like to continue receiving coaching after completing the program, you can sign up for maintenance sessions or become a part of our group coaching sessions. You are most welcome!

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## The Power of I AM...

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One day I learned that I AM...

Extraordinary

A Superhuman with superpowers.

I started to think differently about myself

I tapped into my potential and harnessed my powers to help free humanity and push them forward.

As George Washington Carver puts it...

"No individual has any right to come into the world and go out of it without leaving behind him distinct and legitimate reasons for having passed through it."

How will you tell your story? (Karlene Millwood)

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## Module 1- Managing Change

### *Letting Go Of The Old*

People fear change because they are uncertain of what the future holds. It is difficult to let go of what's familiar. When you do what you are afraid of doing it makes you courageous. You conquer the fear! To embrace the new direction of your life, career or relationships you have to leave behind past hurts, disappointments and resentments. You cannot bring the past with you into the future.

You will have to let go of:

- Old habits that limit you
- Old ways of doing things
- Old or unhealthy environments
- Old or unproductive behaviours
- Relationships that are limiting your growth
- Negative thought patterns
- Limiting beliefs

To go forward you have to learn to set healthy boundaries. Be clear about them and enforce them vigilantly. You have to be clear about what you want, or don't want, in your life.

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