

Anything can be changed.

We're drowning in information, and starving for wisdom.

- Tony Robbins

This eBook is my attempt to document the wisdom I've encountered over the past 3 years.

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Feel free to share this eBook with anyone who could benefit from it.

The Principles of Change

1

When it comes to change, it's important to fully comprehend and remember the following principles:



IT'S NOT MAGIC - becoming happy, achieving success and leading a stress-free life doesn't happen by itself ... your effort and commitment are key.



IT'S NOT ROCKET SCIENCE - making changes to your life is achievable and relatively easy ... you just need to figure out how.



IT'S NOT A SECRET - the recipe for successful personal transformation is not hidden in a vault somewhere ... it's in plain view.

You have within you, right now, everything you need to deal with whatever the world can throw at you.

- Brian Tracy

If you do what you've always done, you'll get what you've always gotten.

- Tony Robbins

The Recipe for Change

2

The recipe for effective change is having a plan and being super excited about it. It's the balance between logic and optimism.



Don't wish it was easier, wish you were better.

- Jim Rohn

If you cannot do great things, do small things in a great way.

- Napoleon Hill



LOGIC - is about research and planning. You start by learning about yourself, your dreams, your strengths and your weaknesses. You then set your goals and the steps to achieve them.



OPTIMISM - is about dedication and commitment, because dreams can only be achieved with positive attitude and a strong sense of confidence.



*The key is not to prioritize what's on your schedule,
but to schedule your priorities.*

- Stephen Covey

Learn to say NO to the good so you can say YES to the best.

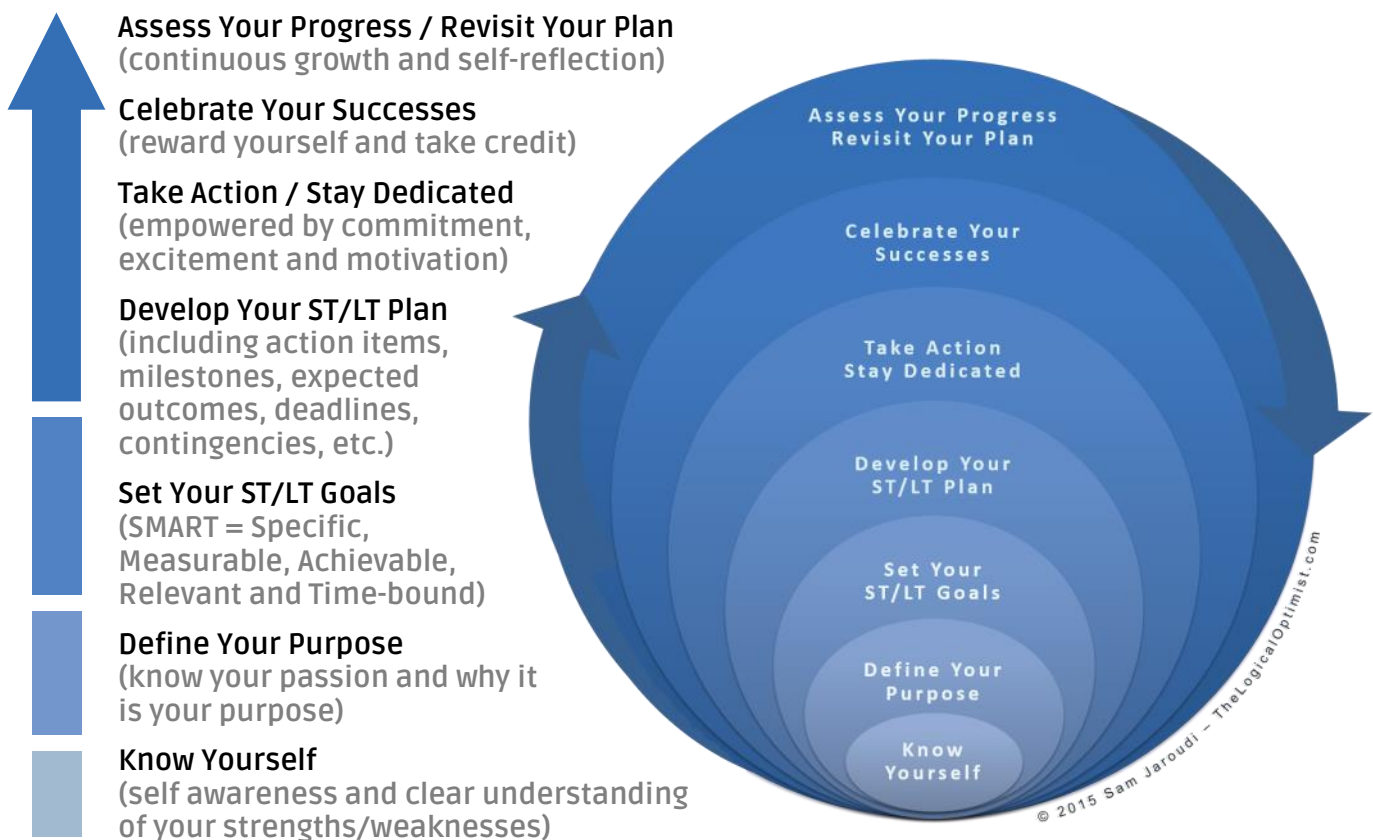
- John C. Maxwell



The Process of Change

3

Life is consequential not sequential. This is why the change process I designed is non-linear. It's a journey of self-discovery and heightened awareness.



For each component of this model there are tools and exercises that I utilize with my clients to probe, explore, define, analyze, plan, track, assess, measure, evaluate, engage, and enhance every aspect of the process.

Go Ahead / Get Started

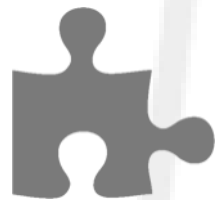


Small steady progress can yield great results over time. The trick is in creating a sense of urgency and guiding your action with discipline and perseverance.



It's important to mention that "anything can be changed" doesn't mean that everything should be. Even the things you don't like, they don't always need to be changed.

In everyone's life there are blessings in disguise, things that exist for no obvious reason. So think strategically and think long term; change only what you can't accept, and accept what you can't change.



SAM JAROUDI, MA, BCom, CPC

I'm a certified life coach and conflict resolution practitioner who is passionate about helping people.



If you really want to do something, you will find a way; if you don't, you will find an excuse. - Jim Rohn

Whatever you're ready for is ready for you.

- Mark Victor Hansen