



Pause With Purpose

...to refresh

...to grow

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Lasting Change

He knew he should change. It was hard to argue against it. After all, it was the right thing to do. So he changed ... sort of ... at least for awhile. The change just didn't last. The truth is, it never really happened. He fooled himself ... he lost interest ... it was too difficult .. it took too long ... it wasn't fun ... he missed the old way Whatever the reason, the change, proper as it was, just wasn't important enough to him and it didn't last.

How many of our well intentioned resolutions experience this same fate? We mean well, and our ideas make sense. Other people agree with our planned changes. We hit the road running, and then our goals and focus fade. What happened?

Simply put, it may have just been the wrong goal, or the wrong time to take it on. Not a *bad* goal or a *bad* time ... just the *wrong* one.

Too often, we undertake personal change just because we think it is the right thing to do. New Year's resolutions made just because "it's that time of year" are often like that. People we value want us to change and we logically know we should. It sounds good, so we take it on,

though we are ill-equipped to really own the decision, the change, or what will be required to bring it about. What are we missing?

In a word, we are missing "heart". For change to occur and become a lasting reality, it must be more than a decision of our mind. It must grow from our heart!

Why is this "heart base" so important? There are at least two reasons. First, our efforts toward personal change are much more effective when the changes are deeply important to us. Whatever is most important to us, whatever we value most, we know in our heart, not just our mind. Changes that honor our deepest values, that reflect what is most dear to us, that draw us closer to who we truly want to be, are the changes most likely to be worth the effort and the cost required to make them a reality. These are changes that bear the scent and signature of our soul, rather than just the endorsement of our mind. These are **our** goals, supporting **our** values, **our** purpose.

Second, changes that flow from our heart are much more likely to stir the passions of our heart. While the power of our mind is

truly amazing, it is the passion of our heart that fuels the power of our mind, giving it the strength and endurance to go the long haul, even in the presence of frustration and disappointment.

Timing is also crucial. We are not likely to tap the passionate power of our heart until we see the *need* for our change, experience the *meaning* of this change (or its absence), and realize that we can no longer be *satisfied* without the change.

Our personal changes, then, must be our changes, not just the changes others want for us. They need to take place when we are ready to commit to them, not when others think they should occur.

In her book "If Life is a Game, These are the Rules", Dr. Cherie Carter-Scott summarized it this way: "**Should** leads to **Decision**, which leads to **Sacrifice**. **Want** leads to **Choice**, which leads to **Commitment**."

It's clearly more effective to be drawn toward a goal (want), than to push or be pushed toward it (should).

Let's free the passionate convictions of our heart to guide our choices and to empower our commitments! Then, *lasting* change can occur!



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CONTACT INFORMATION

Your thoughts and comments are warmly welcomed. I would also be happy to share with you more about life coaching and how it can assist you to design, accomplish, and maintain healthy life change.

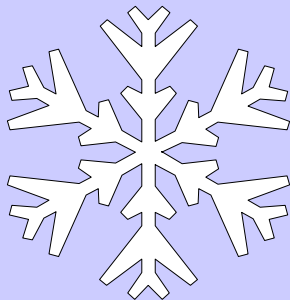
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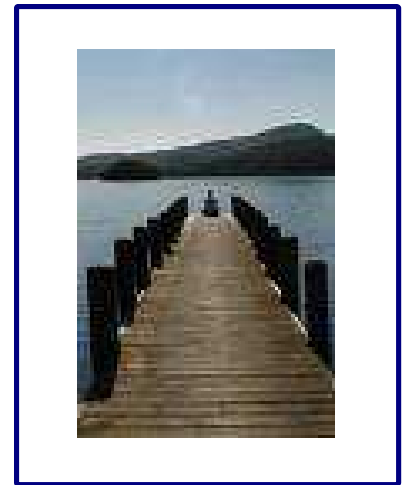
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Not Always Fun or Easy

The ironic side of following the deep convictions and values at the core of our heart is that it will at times lead us to changes and courses of action that we won't necessarily enjoy. It might mean taking the harder path rather than the easier path. It might mean facing fears rather than avoiding them. It might mean giving away when another part of us wants to hold on tightly.

In the week prior to His death, Christ Himself struggled with the path He was on. He did not embrace the coming pain and agony with joyful anticipation. He did, however, stay the course because He was committed to loving and obeying His Father and to fulfilling His calling and purpose. He acted in harmony with what was most important to His heart.

While following our heart's convictions might not always be easy or enjoyable, it does afford us an experience of peace, integrity, and "rightness" seldom experienced on less personal paths. And the changes we accomplish along the way remain, for they are part of us.



"The real secret to being able to change is the willingness to do so."

-Dr. Cherie Carter-Scott