

Personal Transformation in 3 Easy Steps

By Kristin Mackey

When you decide to make changes, pulling yourself together is an essential step in personal transformation. When you think and feel in a new way, you begin to behave in a new way. These new behaviors aligned with your vision create the habits that make things happen.

So you don't feel congruent (pulled together)? There's a reason and this article can help.

STEPS

- 1. Understand your personal “software”**
- 2. Organize your environment and belongings**
- 3. Change your everyday world**

Understand Your Personal “Software”

When you want to change something about yourself, habits or personality and find it challenging, it is important to understand how your brain works. Like a computer, you have a conscious mind (desktop) and a subconscious mind (harddrive). A new vision is like new software. Like a computer, you are upgrading the program to get better results. Many experts in the field note that it takes about three weeks for that virtual hourglass to appear on your “monitor” and for real change to take root. Below are simple steps to rewire your neuro-network toward whatever you decide to do:

1. First, clarify who you want to be now, aligned with your highest values and personal best. To be powerful you need confidence and congruency — being wishy-washy will not work.
2. Decide and practice new behaviors and habits aligned with this personal vision. If you want to be kinder, think about how a kind person would act and take those actions. If you want to be creative, imagine how a creative person would live in this world and practice those behaviors for three weeks.
3. Continue to inspire yourself and stay on track with books, a vision board, a journal or a picture of yourself glued to something that resonates with your new vision. This may sound silly, but it actually influences your subconscious mind. Your subconscious does most of the work, and its language is symbols (hence, the fun pictures and emotions they generate).

Organize Your Environment and Belongings

This is where you have the opportunity to take personal inventory. Go really deep. Does your world reflect the person you are now deciding to become? Do you live in a way that supports or thwarts your new vision? If you find you are feeling one thing but are living another, these tips will support your alignment:

1. Change your environment. Paint over or clear out anything that communicates the old you and add anything that “says” this is what your new version has chosen.

2. If you look or use something that feels “off” or uncomfortable, or makes you feel the opposite of what you are creating, change it. Every item you own communicates a message about you.
3. Finish old projects or toss them and make peace with your decision. Only hold onto projects or tasks that are worth your time, energy and resources NOW.

Change Your Everyday World

It is essential that you upgrade who and what you surround yourself with on a daily basis. You cannot become one thing while everything else in your world is another. Take the time to sign up, join, volunteer or invite new experience into your life (no matter how afraid you are or how awkward it feels). Here are some ideas:

1. Take a class, join a group, make a speech and surround yourself with people and EVENTS that resonate with your new vision. The idea is that you are now going to soak in *new energy*. You need to be near the new energy, to feel it, to develop a comfort level with it...and then finally, own it.
2. Remove anyone or anything that pulls you off track. Yes, there are some people who cannot leave our reality, but we can create boundaries and engage less if necessary. Your changing will freak people out, so if someone criticizes your new efforts (and most will), be patient. After time passes, however, true friends and true love always meet you on the other side.
3. Dress the part. How we “pull ourselves together” tells the world how we feel about ourselves, our work and our life. It is not about money or being on the cutting edge of fashion. It’s about being **you** in the most authentic and best way. If you decide you want to let the world see more of your creative side, then using clothing as a means of expression can be a fun way to do that. Our image is more important than we think or would like. It is not about beauty or perfection; it’s about being congruent in how you present yourself. Dressing messy does not convey order. Dressing boring does not convey festive. Dressing busy does not convey poise. The idea is to have your outer self reflect your inner self — to let your personal style permeate everything about you; your thoughts, words, deeds, work, home and life.

As you practice being your new vision, you will see great change if you stick to it until your neuropathways fire and fuse a new software program for you to express yourself effortlessly... until of course, you are ready to upgrade again.

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