

Change is a necessary part of life and work. Words like;

- Growth
- Evolution
- Development
- Expansion

And ideals like;

- Practice makes perfect
- Preparation precedes performance
- Encouragement and
- Learning

are about change being positive.

Positive change requires conscious effort.

Without conscious decisions and truthful assessment, positive change can't happen unless you're solely relying on luck. Change itself will happen though. **Bad change.** Because you aren't aware, you won't notice it. You start out tolerating it and then it feels comfortable. Before you know it, you aren't able to push past a certain standard. "The rot sets in" because over familiarity has taken you off the boil. **Here are some ways to prevent it.**



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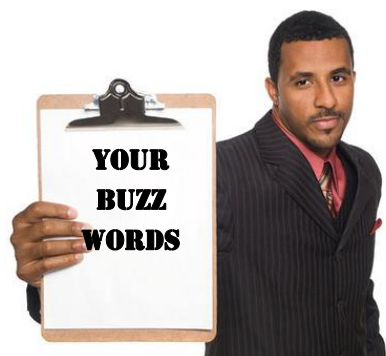
NOTES:

YOUR SURVIVAL CHECKLIST:

Which ones are your strengths?

Which are your weaknesses?

In order to create change, start where you consider is your weakest area. Nominate it here;





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WHAT NOW?

You now have a choice. The traits and factors listed on this document are pretty much all you need.

Compromise any one of them and you instantly compromise;

- *the standard of work you are capable of doing.*
- *the standard of income you are capable of extracting*
- *the standard of the reputation you are capable of earning and*
- *the standard of career you are capable of achieving.*

Developing these traits will impact your life and your work so it stands to reason that doing so makes for a great goal. Remember the rules of goal setting;

- *Write them down*
- *Put a date on them*
- *Identify the people or resources you'll need to achieve them*
- *Determine who will benefit when you do*
- *List your obstacles and most importantly;*
- *List what's in it for YOU!*

