



Here are the four stages of change, according to Martha Beck, along with a brief sample of her suggestions for what to expect and how to cope:

1. **Death and Rebirth:** Whenever you go through a major transition, your identity is literally transformed. You are not who you were and you are not yet who you will be.
  - a. **What to expect:** You may experience a fear of failure, doubt and remorse at leaving the safety of your previous life.
  - b. **How to cope:** Test out a variety of ideas. Recognize that your fears are normal and that this stage has an end point.
2. **Dreaming and Scheming:** This is when you shift from *wanting* to do something, to *intending* to do it. Your mind moves into overdrive to help you find the resources, information and contacts you need to create your plan.
  - a. **What to expect:** Your creativity will increase. You may want to try new things or change your appearance or living space. You will feel hope and excitement. You will be meeting new people and learning lots of new stuff.
  - b. **How to cope:** Watch out for the Dream Dashers...the ones who question, criticize, or belittle your plans. Surround yourself with a cheering squad of supportive people. For an objective perspective, talk to people who have successfully done what you want to do.
3. **The Hero's Saga:** This is where the rubber meets the road. You begin the trial and error process of making it happen.
  - a. **What to expect:** You will shift from dreaming to doing. This is the scariest, but most exciting phase. You will be in action, implementing your plans and learning many new things. You will feel completely incompetent most of the time.
  - b. **How to cope:** Take very small, consistent steps. Allow yourself to make mistakes, to not know all the answers, to try, try and try again. Celebrate and reward yourself for every success, no matter how small.
4. **The Promised Land:** When your transition is complete and you get to reap the rewards of your efforts. When managed properly, this stage brings a sense of peace, joy and fulfillment.
  - a. **What to expect:** You reach Nirvana, then worry that you will lose it all. You may develop tunnel vision that the only way you can succeed in the future is how you succeeded in the past.
  - b. **How to cope:** Enjoy what you've achieved. Slow down for awhile. Be open to new ideas and experiences. Be prepared that this stage will end, too, launching you back into Phase 1 again.

One of the most useful skills you can develop is the ability to get comfortable with initiating change in your life. Change will happen, whether you want it to or not. I don't need to be psychic to predict that wherever your life is today is not where it will be a year from now. The question is: will you move it in the direction you want it to go...or will you let life pull you along a path you had not planned?

Warmest regards,  
Ginny

P.S. One of my coaching colleagues, Rachel Ouellette, and I will be giving a talk on Martha Beck's book, "Finding Your Own North Star", at **Barnes & Noble in Salem, NH on Tuesday, April 8<sup>th</sup> at 7:00pm**. The event is free and you do **\*not\*** have to read the book ahead of time. If you would like to attend but cannot make that date, please send me an email at [Ginny@CoachGinny.com](mailto:Ginny@CoachGinny.com). If there is enough interest, we will schedule a date in March at a location in the Merrimack Valley area. Thanks....hope to see you there!

