



Holistic Directions
EXCELLENCE IS THE WAY



HolisticDirections.com

Jacquie Nagy
The World's Leading Be Yourself Coach

info@HolisticDirections.com
1.204.480.8667

A personal note from *Jacquie*

Hi there,

Would you agree ... writing is hard work, isn't it? Well, reading can be too! And so can changing what you're doing right now to read this newsletter. I really hope you do though. As I think you'll find the next five minutes will be time well spent.

This newsletter is a new initiative of mine. It's free and will be sent on a weekly basis. My intention is simple - to pay my success forward - by sharing some excellent ideas and success tips for your business and your life.

Inside this newsletter you'll get some of the best professional and personal tips to put into practice easily and quickly and get immediate results. And some weeks, I'll interview an expert from a variety of different fields. These experts will be people who have succeeded against all odds and want to share their secrets to success with you.

As I was thinking about the topic to write about in this first newsletter, the phone rang. It was someone asking me to meet them for coffee to 'chat' about my business. I love it when people are curious about what I do! And I love meeting people ... however, business is growing and spare time isn't. It was then I realized something needs to change.

So, this is it! This first newsletter is about change!

To Your Success,

Jacquie Nagy
ITA Certified NLP Trainer, Coach, Speaker
Certified Adult Educator C.A.E.
Holistic Directions Inc.
Winnipeg, Mb. Canada
Call: 204.480.8667
Email: jnagy@holisticdirections.com
Web: www.holisticdirections.com

Life Is Not Infinite. Change Is

I've always enjoyed change. I've made more than twenty-five moves, changed career three times and will often spend weekends redecorating a perfectly good room - just for fun!

***"When you're finished changing, you're finished."* Benjamin Franklin**

Talk about getting right to the point! Life is not infinite. Change is. When you stop to think, with every breath - you are changing.

Do you ever ask yourself "How do some people change so easily"? What's their secret? How do they make changing like rolling water off a duck's back?

And on the other end of the scale, some people refuse to budge an inch. Even when hating their circumstances - like staying in an unhealthy or unhappy relationship or a job they hate for life! These people will wear out furniture and friendships while ignoring frayed armrests and pushing back against anyone trying to help them or even worse trying to 'make' them change.

If there was a scale to measure the depth and breadth of change, the span would range from Everest to an ant hill. So now, you're probably thinking, "Where do I sit on the scale of change right now?"

As a small business coach, people come to me wanting help to make a significant change in their business or life. I've discovered that not everyone is as ready as they think they are. A friend of mine once said that to them, change means 'walking through the pain to get to the other side'.

Yes, some changes will be painful. If you knew that change can also be easy, quite liberating and give you many new options and choices - would you be more likely to *walk through the pain to get through to the other side?*

There's many ways to change. Two ways that I've found particularly helpful are to change what is external to you -or- *internally* IN you!

External changes are usually pretty big. Like quitting a job, moving homes, breaking relationships. These take a lot of hard work. If you're facing a big external change, wait. Consider what you can do internally first to get yourself ready.

Internal changes can be emotional and may require looking in the mirror. How honest can you be with yourself? How ready are you? You may find the answer in this quote by Anaïs Nin, a favourite writer of mine....

"And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom."

Here's my favourite five ways of changing internally:

1. Focus: Eat the frog first. Brian Tracy says "Your frog should be the most difficult thing to do on your 'to do list'." Stop avoiding the most difficult tasks. They are usually the ones that get you to the top of Everest.

Tip: Take the time right now to ask yourself this question. What stops me from being focused? The answer could be your frog. Chunk it down to smaller chunks and pick one small chunk to start on.

2. Energy: You are not a machine. Your physical stamina and mental alertness impacts your performance. If you are not working at your optimum energy cycle you will not be able to cope with change.

Tip: Pay attention and record the times of day that you typically get the most work done. When asked, this is the time of day you might also say you enjoy the best. Schedule the most important tasks during this time of day. Avoid doing any activities that do not relate to your frog during your optimum energy cycle.

3. Outlook: Learn to reframe. You can change how you feel internally by changing the meaning or the context. To change the meaning, think about what could be the positive (higher) value of your behaviour. Or reframe the context by identifying where else your behaviour could be useful.

Tip: If you're overwhelmed with workload either reduce the workload (context) or change how you work the load (behaviour).

4. Habits: In this article, ["Why old habits die hard"](#) brain research at MIT using rats indicated that a learned pattern remains in the brain even after the behaviour is extinguished. So why fight with a deeply ingrained habit? If your habit is not life threatening why not keep the habit and stop the internal struggle? After all, most habits served you well at one time in your life.

Tip: Find five or six new ways of getting the job done. You're more likely to stay engaged, entertained, and motivated when you have many different ways of working.

5. Behaviour: Like habits, behaviours are deeply rooted. One way to change behaviour is by paying close attention to your *patterns* of behaviour (not the behaviour itself). Virginia Satir, American psychologist was known for her approach to problems as 'The problem is not the problem. It's how you respond to the problem that's the problem.'

Tip: The next time you notice yourself stuck, repeating the same behaviour and not getting the result you want - stop in your tracks. Make a list of three to six new ways of acting - then test to find out what works.

Try using these steps to change internally first. Notice how with every small change you make - you make a quantum leap forward. When you feel ready - switch to the external. You may be surprised to find the external problem is now an opportunity for growth!

I use these strategies every day. Recently I joined forces with a marketing expert. I'm really excited and curious to know what the future has in store. Our partnership requires loads of changes to my work schedule, my focus and my daily business activities.

I've been eating a lot of frogs lately - and getting a lot more work done too!

Watch out for next week's newsletter: Reading Body Language

Quick Tip

You're thinking of changing something in your life, aren't you? First, print this letter so you always have these tips handy. Then consider what you want to change. Start with your internal. Ask yourself, 'Am I ready to change? Am I focused? Energized? What about my outlook? Am I acting and behaving congruently and in line with the changes that I want?' Quickly review the list and decide right now. Which of these five steps would help you prepare for the bigger changes to come?

Look Who's Talking

"Jacquie, Thank you for expanding my vision. I sincerely hope this to be the beginning of breaking some unproductive patterns of behaviour"

G. Stolarskyj

Rebalance Network Limited 145-157 St John Street London, London, City of EC1V 4PY United Kingdom
00442071935420

Delivered By
 **Infusionsoft**