

## About Making Personal Positive Change

By Claire Knowles

Perhaps your New Year's Resolutions need a bit of a boost. Or perhaps you are struggling with what is needed to make a lasting change in your life. Even if you've failed before—that's okay! Focus on how can you determine your best chance to succeed going forward? Where should you place your energy and efforts? What would derail you?

From the Study of Systematics (and the insight of A.G.E. Blake and discussions with colleague, A. Moyer) comes a view of *intentional positive change* being most likely to occur when certain factors are present. Why not examine your personal situation around these factors? Be mindful of these:

- \* **Have you clearly defined the goal?** the target? the mile-markers? Are you clear on what success will look like when the goal is achieved? Do you know why it is that you sincerely want to achieve this?
  - \* **Do you "believe" that you can accomplish this?** Do you "believe" that you will reach this goal/target? You absolutely have to be convinced in your heart of hearts that you will achieve it. (Often goals fall by the wayside because the strength of this belief is too weak).
  - \* **Are you clear on what the positive motivating force is for you to accomplish this goal?** What is the positive reward for you? What is the good that will come out of this when you reach your goal/target? Can you clearly embrace having this positive reward happen for you? Do you genuinely long for it?
  - \* **Are you clear on what the negative motivating force is for NOT accomplishing this goal?** What is the pain or the discomfort that will occur? What is the negative reinforcement - what will happen to you that you don't want to have happen? How strong is your desire for not wanting the negative aspect to happen? Have you a deep sense of rejecting this negative?
  - \* **Have you thoroughly thought-through and identified what the means are....**and how to acquire the means to reach the target from where you are right now? Do the plans make sense? Timeframe make sense? What are these means? New technology? New skills? A change in habits? Willpower boost? Exercise? Schedule changes? Prioritization calendar?
  - \* **Are you prepared and committed to learn what you need to learn to acquire these means?** Are you ready to fully integrate this change into your life? Have you voiced this decision that this goal is your personal intent?
- Lights On! asks:** Does the universe know...so it can help to attract it into your life? **Go for it!**

## Moving Forward (when we're stuck!)

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Recently, while coaching a client, I was reminded of the work of Carol Adrienne, Ph.D. and her book, When Life Changes or You Wish It Would (2002, Harper-Collins). Specifically, in a section on principles for moving forward, she encourages us to get clear on one's question/dilemma and then to put the universe on assignment to provide a clear answer. Then, once the question has been voiced aloud, to stay alert and pay attention. Listen carefully to what your intuition tells you. What signs and signals do you *see/hear* that indicate options or directions? The author encourages the reader to look/listen for answers everywhere--to notice what kinds of answers show up through people, chance comments, books, events, dreams or intuition.

About two years ago, I attended an Intuition Workshop; I was deeply contemplating what I should do with Lights On! in the future. Should I discontinue it? Or, should I try to make a stronger business out of it? Or, should I continue as is, to do it part-time, while I worked with my husband in our other 2 ventures? (Centerforselforganizingleadership.com and Soliancegroup.com). I asked the universe to give me guidance. My question was, "Should I be continuing Lights on! Workshop, which included Lights On! Coaching?" We, (per instructions given at this conference) were asked to find a quiet spot and to ask our question...then to spend the next hour just being quiet, and alone, while walking around the hotel and the hotel grounds (where this conference was held). Specifically, we were to pay attention to what insights came. As I walked around I noticed the huge, crystal chandeliers in the hotel lobby and what I noticed next was how many lights were burned out. I was struck by their number. The thought that immediately came to me was that these burned out lights needed to be turned on (too). The answer was very clear to me--my insight was *that I needed to continue Lights On! work even if it was one light at a time*. And, I also knew that this work was in addition to the work that my husband and I are called to do together--the other businesses--because there were 3 big chandeliers hanging in a row. Interesting--yes? For me it certainly was what I needed at that time to move forward! So, as you ask your open questions, may you look/listen carefully and glean some important insights to move you forward too.

[Above Articles written by Claire Knowles]

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