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## 10 Steps to Gentle Change

November 2006 [Features](#)



### 10 Steps to Gentle Change

**By Georgina Cannon, Master Hypnotherapist**

“There came a time when the risk to remain tight in the bud *was more painful than the risk it took to blossom.*” - Anais Nin

Why ‘gentle’ change? Because change is disruptive – it takes planning, foresight and courage. But like anything else, if you follow a plan, it is easier, plus you start to recognize progress along the way as you accomplish each step in the plan. I have worked with thousands of clients over the past 9 years to help them transform their lives into powerful, successful, joyful living. The interesting part of change, or transformation is that you let go of the feeling of being a victim of uncontrollable circumstances. You choose to experience something that you choose for your life: A new emotion; a new pattern; a new skill”

Here is my blueprint for change:

**1. Know what it is you want to change.**

Do your belongings, attitudes, ideas, habits, emotions such as guilt or anger, commitments, career or relationship still fit you? Do they still suit who you are – and who you want to be in the future? Do they serve you well?

## 2. What exactly do you want to change?

When you have decided it is time to 'lighten your load' and get rid of some of the baggage you carry – the first step is to decide what it is you want to change. If there's a whole raft of things begging for change, then choose just one to start with. And be very sure of what that one thing looks like.

## 3. How will your life change with this one change?

Write down what you want to change in a short sentence. Think about how it makes you feel when you think about the thing you want to change. Are you excited? Is there some fear? And can you imagine your life and how it will be with just this one change? Be realistic about the impact of this change, but most of all, be committed to making it happen.

## 4. Who and what will be affected by your change?

We don't live in a vacuum. When we make change it affects other people and events around us. Many people don't like change, so as you change you may find that some people start to resent your personal change work and try to undermine you. Ask someone who has made a lifestyle change around eating, and see what happened in their family! You need to make a very comprehensive list of who and what your change will affect

## 5. Create a support system for yourself

Change takes a great deal of courage – even the smallest changes are profound. You'll need some support systems. Build a team around you that will support you emotionally and physically with your change. People who really have your well-being at heart and understand your courage and commitment. Make sure you let them know ahead of time

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what you will be doing differently, and how you need their support.

### 6. Time to dump the junk!

What are you going to get rid of to make room for the new you? Old thinking? Old attitudes? Old fights or arguments? Old clothes? Old habits? Old beliefs about who you are and how you are? (Shy? Accident prone? Not efficient? Not smart? Not musical?)

This is one way to do that. List all the stuff to let go – relax with your eyes closed and visualize a huge garbage bag and put everything you want to let go into that bag, including all of your thoughts and feelings about the stuff you’ve put in the bag, see it all there – tie a knot at the top of the bag, and kick it out to the far reaches of the universe. Watch it disappear beyond the stars. You’ll notice you feel much, much lighter!

### 7. Your new life!

Now it’s time to bring your new life, with the changes into fruition. Start by visualizing what this new life will look like. Find a place to relax, close your eyes, and see yourself 3 months in the future, having achieved your goal. You are where you want to be, with the change complete. See yourself surrounded by people you know, love and admire, hear what they are saying to you, hear the laughter and conversation, feel the confidence that comes from being in charge of your life. Spend about 5 minutes there. Do this twice a day for 7 days. This is one way of putting the vision deeply into your subconscious mind so that you are pre-programmed for success.

### 8. Your Action Plan or Blueprint

Write your goal, your action plan. Step by step. What you will do by when. Each step, how you will accomplish your goal. For instance, if your goal is to be more outgoing, maybe the first step is to talk to the cashier at the supermarket or gas station every time you go in. Ask them how they feel, talk about the weather – whatever. But make conversation with at least three people each day. This action plan should have at least 7 steps to

achieve your goal. Each step is an action – not a thought – and each step has a deadline.

## **9. Visualizing working the plan**

Find somewhere comfortable to relax. Put on some soothing music, close your eyes and allow yourself to slowly visualize yourself working through the plan. Step by step. Notice how, at each step, you change. Notice what happens at each step. The support you receive. The different reactions you get with your new habit. The confidence you feel. See yourself reaching each deadline easily and comfortably and taking the action needed towards your goal.

If you do this for at least 21 days you'll find the whole process of change becomes easier and smoother as your subconscious mind aligns with your conscious mind to keep you intellectually and emotionally in balance for your change.

## **10. Take Action!**

Take the first physical step towards your change. Follow the plan you set out. Use your support systems. Congratulate yourself each step of the way, and make sure you notice how much more confident you feel as you begin to recognize your power. The power of your mind.

*Georgina Cannon is the founder of the Ontario Hypnosis Centre based in Toronto, Ontario. She is also on the Advisory Board of the National Guild of Hypnotists. Georgina specializes in enabling clients to achieve major life changes, healing personal and emotional issues, and she facilitates Past Life Research and Regression sessions. For more on Georgina Cannon visit, [www.ont-hypnosis-centre.com](http://www.ont-hypnosis-centre.com) or contact her by email at [lifedreams@idirect.com](mailto:lifedreams@idirect.com) or telephone 416-696-1684.*

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