

## **The 4P for Personal Change and Transformation**

*When you change, your results will change!*

### **Part 1**

I take it that you want to design the life you want and live the life you have imagined. You want to fulfil your potential, make a contribution, leave a legacy, use your skills and knowledge to leave the world a better place, you want to meet the needs of your family and in addition have more than enough to make a contribution to charities you believe in and causes you want to support. You want to change something about yourself so that you can be better, more resourceful, do more, give more and achieve all that you are capable of achieving. Most of the people I have met in my seminars and professional life would like to reach out and do more. Many are not satisfied with their lives because they feel stuck and want the freedom to pursue their goals and dreams. You can be all that you were born to be and climb the ladder of success when you prepare your life to do that. The caveat is that for things to change you have to change. To acquire the things you want on the outside you first must change on the inside. Success, achievement, advancement, accomplishment and all the good stuff is an inside job. Here is the good news. When you spend the time reprogramming what is on the inside, you will begin to achieve the results you want on the outside. People have a strong urge to succeed and live a comfortable life. This will come through personal change. Personal change calls for reprogramming and reconditioning. For you to change you must give your brain new pathways to work with. I have developed the 4P for personal change and transformation to help you do that. The 4P is preparing for change, planning for change, promoting habits of change and profiting from change.

### **Prepare for change**

*To be prepared is half the victory. Miguel de Cervantes*

Going on any journey requires preparation. Preparation ensures that the journey is successful and gives you the desired results you want. I have had a stint in farming and to have a good harvest requires preparing the land, fertilizing it, seeding, watering, and removing weeds when it shows up and others. We prepare to ensure that we pass our exams with good grades; prepare our speech before delivering outstanding presentations. Those who run seminars know that preparation is essential for a

successful outcome. So here is my question? Why is it that in designing the life you want and living the life you have imagined you don't put in the preparation to ensure success? It is time to prepare to succeed because prior preparation increases your chances of success. To succeed you will require reconditioning and reprogramming your mind to get a different result. Preparation involves identifying what you will need for the journey and what you think is required for successful a journey. Have you prepared your mind to sidestep the obstacles and conditioned yourself to go through the adversities that show up unannounced. You can't run a successful business without doing your due diligence through preparation.

Change can be scary because of the unknowns; it can be frustrating and difficult. However, with good preparation your chances of success are greater than not preparing at all. One major area of my expertise is helping individuals and organizations lead and manage change faster and successfully. I also help organizations and individuals go through major transformation faster in order to realize the benefits and value premise for the transformation. Leaders get into implementing change and transformation initiatives without preparing properly. As a result these leaders experience significant resistance from their employees and conclude that people hate change. For starters people don't hate change it is the type of change that they resist. Who in the world will resist a salary or wage increase, or resist being taken on a fantastic vacation, or move to a great neighborhood, eat in a fine restaurant. I am still waiting to hear somebody tell me that they told their boss or employer to keep them at their current salary for the next 2 to 5 years. When people feel that change is being done to them rather than being implemented with them, they accept and work for success. Preparing for change is a prerequisite for success. Prepare for the life you have imagined and prepare to take the necessary actions to give you the results you want.

Lack of preparation is one of the reasons for major detours, being blown here and there and falling for whatever is out there. I have heard it said that if you do not know where you are going anywhere will do! Are you prepared to design the life you want? Do you even know in details the life you want or it's the life someone else wants for you? Donovan Bailey said ***"Follow your passion, be prepared to work hard and sacrifice, and above all, don't let anyone limit your dreams."*** Preparation means working hard and smart on your path to success. Preparation helps you deal with obstacles that come your way as you design the life you want. The difference between those who succeed and those who don't is preparation and taking concrete actions on the goals they have set. What preparation have you made to work on your inner world? Have you prepared your mind mentally for the journey? What have you prepared to let go so that you can see clearly and have the mental clarity to pursue your dreams with gusto? What excess

baggage, habits, emotions and other challenges are you prepared to let go so that you can pursue your goals with success. Prior preparation prepares you to win the battles, obstacles, and challenges on the path to success, achievement, growth and development. Benjamin Franklin said *"By failing to prepare, you are preparing to fail."* I can't say it enough, prepare, prepare, prepare!

Dr. George Ayee is a consultant, professional speaker, coach and trainer. He helps individuals and his clients to unleash the full power of the organization and employees for maximum results. George works with organizations and people to unlock the power of change and transformation for optimal results. George will help you go through change and the transformation process faster and successfully. With a doctorate in business administration, an MBA in international business administration and BSc in Finance/Accounting and decades of experience, George works with world-class companies, oil and gas, banks, insurance, non-profit organizations, government institutions and people who want to succeed, follow their passion, exploit their potential, make more money and achieve organizational objectives.



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