

## The 4P for Personal Change and Transformation

*When you change, your results will change!*

### Part 2

#### Plan for change

*You were born to win, but to be a winner, you must plan to win, prepare to win, and expect to win. Zig Ziglar*

It was Earl Nightingale who said *“All you need is the plan, the road map, and the courage to press on to your destination.”* Do you have a plan to design the life you want? Or you are one of those people who pray and hope that things will fall in place? What is your plan for living the life you have imagined? Do you have a plan that details the actions and steps to take to achieve your goals? If you do what is in your plan it causes you to go passionately after what you want? Is your plan about helping others get what they want so that you can get what you want? You need a plan to help you minimize the challenge of being tossed to and fro by the waves of adversity and the challenges of life. At times you may be thrown off course but you can get back on track if you have a plan. A plan shows you where to start from and where you are going. A plan is like a signpost providing you direction to where you want to go. We can also link a plan to a GPS that guides you to the place you want to go. Years ago, I took my GPS to another country I was visiting for the very first time. After getting out of the airport terminal I set my GPS to guide me to my hotel. For some reason, there were so many road construction projects and detours and all I kept hearing from the GPS was recalculating. I followed the new direction and then again another detour causing the GPS to recalculate. This happened for a long time until the GPS decided to stop saying anything at all. I got lost, got a place to park, reset the GPS and then started all over again. I wasted a lot of time before I finally got to my hotel. Had I printed a road map to use, I would have done well getting to my hotel sooner than later. We waste a lot of time in our lives without having a plan to follow. Just like the GPS story, we keep resetting and changing course until we don't have enough time and strength left to do what we want to do. I hope you are not one of those people recalculating each time because of a lack of plan. Life is too short to navigate without a plan. Develop your plan and if for any reason, you missed out on something, you can change the plan but at least you had a plan to adjust. Some of the benefits of having a plan include staying on

strategy and vision for designing the life you want; you will have clarity around your key objectives and milestones on the journey; you will have priorities regarding what you should do first, second, third and so on, your key milestones will be clear and visible and your interdependences will be clear upfront. You will also be able to focus your energy and commit available financial resources to what is most important. If you used to spend your money on whatever you are attracted to, a plan that clearly defines your priorities will help manage these challenges. When you have a plan you are following, any deviation from the plan alerts you so that you can course correct than when you do not have a plan at all.

Are you serious about designing the life you want? I believe you do? Start today if you do not already have a plan around the areas Zig Ziglar calls the wheel of life. Zig's philosophy about the wheel of life says that to live a balanced life; you must have goals or a plan that addresses various areas for a balanced life namely: financial, family, spiritual, career, intellectual, physical and social. Having a balanced wheel means having a plan that takes care of all these areas. Not doing so causes you to be deficient or have a deficit in that particular area. What is the composition of your plan? Are you taking care of all the areas that make you a balanced person? You don't want to be one of those who spent all their lives just focusing on one area and then after achieving what they wanted suffered in health, relations, became emotionally bankrupt and no friends to share life with? You are smarter than that and I believe you are not going to do that. Plan for success, plan for your spiritual life for the more grounded you are at the core, the more you will move steadily and faster towards your goal; and the life you have imagined. Plan for your family and plan for your financial freedom. Have a plan for all the areas you care about and when you do and execute to the plan, you will not only fulfill your potential, you will also live long, have peace of mind, have joy and live an amazing life. Here is a question for you. If you could do better, should you? Jim Rohn said *"If you don't design your own life plan, chances are you'll fall into someone else's plan. And guess what they have planned for you? Not much."* Develop a plan for your life and follow that plan for when you do, your life will change in amazing ways.

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

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