

## The 4P for Personal Change and Transformation

### *When you change, your results will change!*

#### Part 3

##### Promote change habits for results

**“The chains of habit are too weak to be felt until they are too strong to be broken.” Samuel Johnson**

The following words were credited to Mahatma Gandhi *“Your beliefs become your thoughts, your thoughts become your words, your words become your actions, your actions become your habits, your habits become your values, your values become your destiny.”* Your destiny is linked to your habits and your success in life; designing the life you want is encapsulated in what you do on a daily basis – your daily habits. Jeff Olson in his book *“The Slight Edge: Secret to a Successful Life”* said *“Successful people do what unsuccessful people are not willing to do.”* It is plain and simple! For you to live the life you have imagined is to do what successful people do. Success comes from great and enabling habits. You can't be successful by remaining ignorant regarding the key behaviors and habits of success. If you want to be a great presenter, you learn what great presenters do. You want to build a successful business, you learn from those who have succeeded and get to know and do what they did on a daily basis. Albert Einstein defined insanity as *“doing the same thing over and over again and expecting different results.”* If you want things to change, change the habits creating the results you are getting. Habits condition you to respond to things a certain way. Some habits serve us well and other habits are a major liability. What are habits? Your habits include how you conduct yourself, your behaviors; the ways to do certain things, your personal customs, and way of life, practices and pattern. A starting point to promote habits for positive change and transformation is to identify your habits. Are your habits enabling your results or disabling you taking action on your goals that will lead you to achieve success. Are you being crippled by your negative habits? You need good habits to reach your dream and achieve your goals. The following are a list of habits you should consider changing and those you should develop.

First the habits you should change: procrastinating all the time, making excuses for inaction, indecision, spending time with people going nowhere, easily distracted, too much talk and no action, not willing to learn new things, ready to quit when obstacles show up, not willing to put in the time and effort, just lazy, not frugal, willing to please everybody to be popular, complaining most of the time, not willing to let go what is not

working, resisting change, not grateful for what you have, negative attitude, wasting time and many others. I believe you have other habits not listed here; you should identify those and work on change them for your good.

The habits you want to develop are the following: know what you want with clarity and pursue with gusto, have a sense of purpose and self-awareness, be achievement and goal oriented, result driven, action oriented, health conscious, self-disciplined, honest, a desire for continuous improvement, sense of ownership and gratitude, ready to resolve challenges and solve problems, value the effective use of time, ready to delay instant gratification to pursue what is most important, believe in working smart, plan your day the night before, set priorities and work the list, focus on and complete the most important task first.

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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