



Address Your READINESS to Make Changes

- The Transition Zone and
- The 12 R's to Get Ready

- Transition Zone

Change is the **event**, **transition** is the **adjustment** to the event. Suspended between the **old** and the **new** we can be filled with opposing thoughts and feelings. This chaos should not be mistaken for self-doubt or indecisiveness. Ground yourself in calm, strong energy and then shift to your observer mode. Here you can witness yourself experiencing the **natural** and **necessary process** of **transition**. It is important to remember this **chaos** of transition is a **sign of getting ready** to move forward. It is important to understand this **chaos comes with change**, as described in below in the transition zone visual.

B

TRANSITION ZONE

Caught between the Old and the New

excitement, anxiety, confusion, anticipation, disorientation, self-doubt, new start, hope, vision, unknown, uncertainty...



STAGES OF CHANGE

1 Get Ready 2 Initiate 3 Sustain & Reassess

- **The 12 R's to Get Ready**

B Spins can create change and spins can indicate the need for change.

We do not get **ready** for things physically, intellectually, emotionally and spiritually (**PIES**) at the same pace. You have often known when you were ready for something because you trusted what you **know** and how you **feel**. Trust your senses...but **do the preparation**. When we have taken time to prepare for change we are less likely to shift into self-doubt and regret. Preparation process is reflected in the 12 R's.



12 R's to Get Ready

From **A** – your **Intention** is to:

1 **Respond**, 2 **Resolve**

by knowing your 3 **Rights**, 4 **Responsibilities**,

exploring the 5 **Risks**, 6 **Resistance**,

tapping into your 7 **Resources**, 8 **Reframes**

reviewing your 9 **Rehearsal**, 10 **Research**,

assessing your 11 **Readiness**,

and if not ready, just 12 **Recycle**

through the 12 R's again until

you feel **READY** to **Initiate change**.

Levels of Change

- Physical
- Intellectual
- Emotional
- Spiritual...

don't necessarily **get ready**
at the same pace

Start with what is doable.

Prepare yourself for change by working through the **12 R's**. If you decide you are **not ready**, then simply **recycle** through the 12 R's. With each time through the **12 R's** to **get ready** you will become better prepared at the **four levels** to **initiate change**. The more preparation you do, the more confident and certain you will be at the **initiate** and **sustain & reassess stages**.