



Processing Change

A PRACTICAL GUIDE FOR IMPLEMENTING
LIFE AND BEHAVIOURAL CHANGE

eBook by Lisa Steingold





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**“Nothing can make
you whole, happy,
fulfilled...unless
you hold that within
yourself first.”**

Lisa
Steingold

Introduction

Nothing can make you whole, happy, fulfilled...unless you hold that within yourself first.

Every day I meet people who are going through changes or who desperately want to change their lives. I am often asked for formulas and even for the answers. Whilst I am unable to give anyone else the answer, there is a process to change that I have found to be most beneficial in order to access the answers within. It is not the only way but it is the way I have found that appeals to me because it offers a sustainable solution. The only challenge, and I must be honest, is that it's not necessarily easy. It's not the "change your life in 15 minutes" approach nor is it the "3 easy steps to change your life". It's not any of these because in order for any of us to adopt change, it requires internalising the process. It requires that we get to the core of the issue and sometimes this takes time. The rewards of which however last a life time.

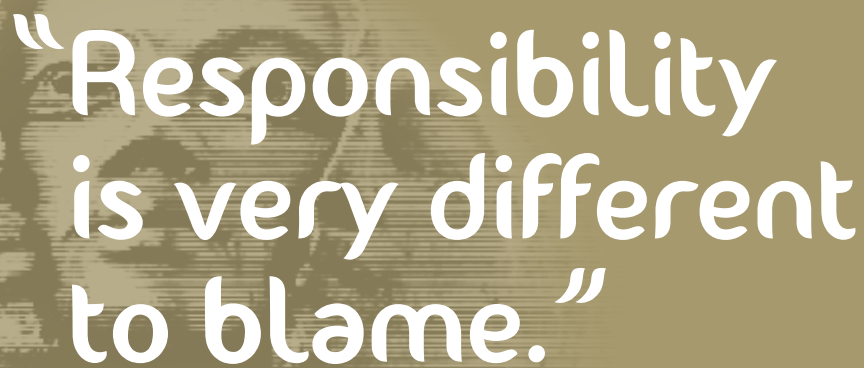
Unless we are able to get to the truth of the matter we will be unable to change our lives for any length of time. The irony is that changing your life does not require changing yourself. It is quite the opposite really. Changing your life requires that you begin to uncover and see who you are, all of who you are; even those parts which you don't necessarily like that much. Why on earth would you want to see the parts of yourself you don't necessarily like? Well we will never be able to change the essence of ourselves and so we must rather seek to peel back the layers. Peeling back the layers means coming to see and accept the parts of ourselves which we don't care for because it is there that we find the answers.

Peeling back the layers does not leave you vulnerable but rather able to present to the world your authentic self; the essence of who you are. This is when the changes we make are sustainable. If this sounds a little airy fairy, the point of this eBook is to make the process practical and to assist readers in implementing the changes they wish to make. We will look at where to begin in making changes and why it doesn't start with taking physical action. We will look at how our belief systems contribute more towards the outcome of our lives than anything and how to integrate change holistically.

As always although the process is not easy, I encourage you to have fun with it. I also encourage you to use this guidebook in addition to other tools. As much as I have tried to give readers the tools with which to embrace the path of change, you may want to seek a professional or use other tools to assist you on your path towards change.

With love

Lisa



“Responsibility
is very different
to blame.”

AN APPROACH TO CHANGE

The way in which we approach change is as fundamental as the process itself. The fact is that as human beings, we make mistakes. No one is immune to this; it is just our readiness to accept this fact, or not, that keep us stuck.

The sooner we accept our mistakes or the situations, in which we find ourselves, the sooner we will be able to move forward. After all, a person cannot walk across the road without taking the first step and taking the first step requires an understanding of where we are in the first place.

It doesn't matter how many times we think we may have failed, the only way forward is to forgive ourselves and move forward. The concept of forgiveness is a big one and often underestimated.

EXERCISE

Take a break before you have even commenced with reading the rest of this book and go and write yourself a letter of forgiveness. In the letter forgive yourself your mistakes and also all those involved in the situation. In truth, everyone is doing the very best that they can at any point in time, including you so let go of what you think 'ought' to have been and give yourself permission to move forward.

This brings us to the next aspect of adopting change and that is of responsibility. Whilst forgiveness is essential, so is the ability to take responsibility of circumstances. Whilst none of us are completely responsible for any circumstance, it is imperative that we begin to see how our choices contributed towards a circumstance or outcome thereof. Responsibility is very different to blame.

As you have forgiven yourself, taking responsibility does not mean piling on blame or guilt. It means seeing that you played in a role in a particular situation. It is as little and as much as that. Ultimately you did not have control of the situation but you made choices, the contribution of which brought you to where you find yourself.

As you have forgiven yourself, taking responsibility does not mean piling on blame or guilt. It means seeing that you played in a role in a particular situation. It is as little and as much as that. Ultimately you did not have control of the situation but you made choices, the contribution of which brought you to where you find yourself.

You cannot move forward until you begin to see how your choices brought you to the place in which you find yourself. This means acceptance of ourselves, our situation, our feelings and others. I do not mean we just sit down and accept we can't change anything but we accept it for what it is now. For only once we truly see where we are, can we move forward.

Often during the process of change, because our own identity is so intricately woven into the fabric of our lives, we begin to doubt ourselves, thinking that we may never be able to change things but the truth is, we can. As long as we stay open to moving forward but also in seeing what there is to see in our current situation.

Often we spend so much time 'visioning' what the future will look like that we forget that the future is shaped by the present moment. Being open allows us to see what life presents to us so that we move forward without 'recreating' a similar pattern to that which we are trying to change.

EXERCISE

Write down the situation in which you find yourself at present. How does it look and how do you feel about it?

[illegible]



“Major life changing event.”

A MODEL FOR INSTIGATING CHANGE

Forget New Year's resolutions - they are kept few and far between. Renew your commitment to your life each and every day.

Before we even start, I'm going to ask you to write down one or two goals (I'm not fond of the word) or rather changes that you intend to make in your life.

EXERCISE

It is my intention to:

The choices I have made in the past that have brought me to my current circumstance may include:

Okay so you want to lose weight, go on a diet and go to gym. You want to move jobs, so put your CV together and send it out. You want to meet someone, so ask someone out. Right?

Umm wrong. If it were that easy the world would be running around with healthy weighted individuals who never smoked, all worked in their dream careers, owned their dream house and married their ideal partner. Oh and of course we'd all have mastered EQ and every relationship we had would be peaceful.

It doesn't work like this because when we wish to change an external avenue of our lives, the change must first begin within. This doesn't mean delving into the past nor does it necessarily mean months of therapy. What it does mean however is that we 'get real' about who we are, what we want and most importantly why we want it.

When we encounter dramatic change in our lives or even seek to change an aspect of our lives the discomfort we feel of being in that situation is outweighed by the need to make a change. For instance let's take the example of a person who would be described as 'married' to their job. They wake up and turn on their Blackberry, they're at the office before everyone else and are the last to leave. They work weekends and generally stick to work conversation even in social circles.

What's wrong with this person? Absolutely nothing if they are truly content. It may be, however, that this person is single and perhaps they start to feel they are missing something. Perhaps this person has a family who grows increasingly frustrated by their behaviour.

This person will continue the pattern of behaviour (even if outwardly they say they want to change) until the feeling of pain or discomfort urges them to change. In other words a person may continue a pattern of behaviour until they are forced to change by circumstance or due to the growing feeling of discontent within. Perhaps they experience severe health problems or perhaps a major life changing event such as a death in the family forces them to relook at the way in which they conduct their life.

This person may then seek to change their behaviour. The challenge is that all behaviour patterns are driven at the very beginning with a thought which arises from a belief pattern formed in the sub-conscious. The conscious brain is where we experience thoughts, the sub-conscious brain is where we hold our beliefs and the unconscious is where we hold our deepest source of our wisdom (and where we cannot 'think' in order to unlock it but must access it through different techniques such as using our intuition.)

The conscious only amounts to a small percentage of our intelligence and as such in order to bring real change to fruition, we must integrate it on a deeper level in the sub-conscious.

EXERCISE

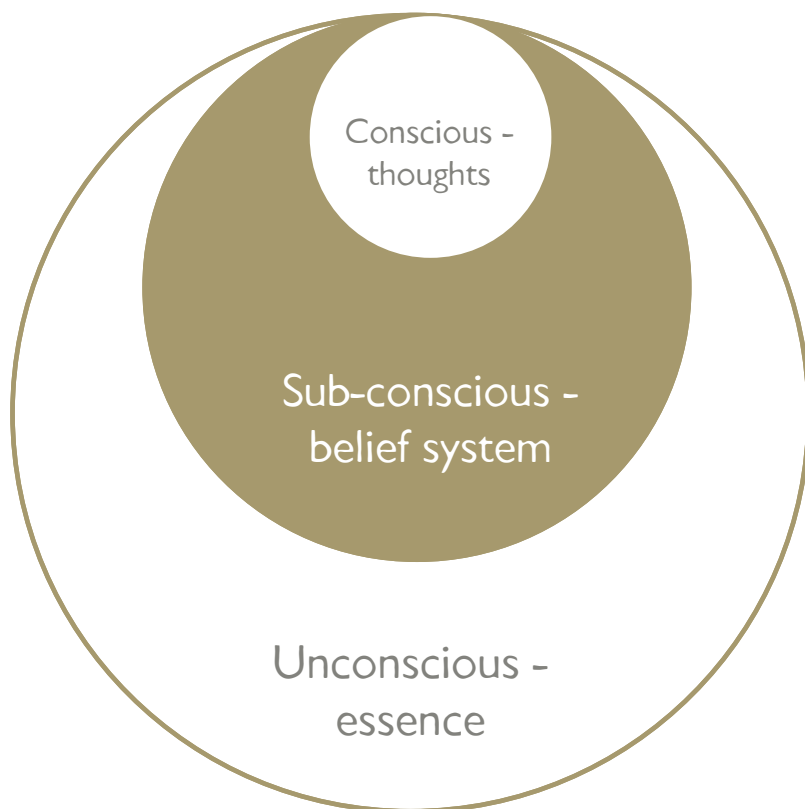
I want to implement the above changes because

Without implementing these changes, I will continue to feel

In approaching change we must first look at the thoughts which arise as they are indicative of our belief systems. Every person has a belief system or particular relationship to themselves and everything in the world at large. It is what makes being human so interesting and unique. It's called a life philosophy. Whether we put it in such fancy wording or not every person has a life philosophy or in other words particular rules that they live by.

The word philosophy may have a negative association but even the concept of winning at all costs is a life philosophy. Because we are not taught to look at and define our philosophy, it is often defined sub-consciously in response to situations in our past. For instance someone I knew who worked incredibly hard remarked to me that once his father had told him he, would never amount to anything because he didn't work at anything. He had then formulated a philosophy ("I can prove through my achievements that I'm valuable") that he would work hard to make things happen.

This is why "The Secret" doesn't work because it fails to look at the deeper belief system of the individual involved. You can wish and visualise and even 'feel' a house overlooking the ocean all you want but unless you have aligned yourself internally through your belief system or philosophy, a dream it will stay. That said, you will also have to take 'action' to bring your dream into fruition but before you can take action you shall have to begin at the beginning; inner beliefs and attitudes.



When we experience a thought and often we are not even aware of it, it triggers an emotional response (which may or may not be acknowledged) which in turn triggers an 'action' and if performed often enough, becomes a behavioural pattern. This is why trying to change something such as weight or any example for that matter, cannot be achieved if only starting at the 'action' phase. It's like trying to unlock a lock without the key.

Often we are not even aware of this process and act on autopilot. Do not punish yourself for this as we all act this way and most likely will be learning about the process of becoming aware for the remainder of our lives. In dealing with change, this model works the same whether it is applied to trying to lose weight or to trying to reduce stress or whether trying to change a negative behavioural habit.



So if the human brain thinks approximately 80% of the same thoughts over and over again then where do we start? Exactly there; at the thought process as it gives us an indication of the underlying belief systems we hold.

First of all take the above mentioned goal or one of your own and forget all about it.

What? I mean forget, at this moment, about your goal. Before wanting to make a change, we must understand why we want it and also where we are in all aspects of our lives. So we must first let go of the goal to analyse other aspects.

EXERCISE

Write down WHY you want to instigate this change or reach your goal in the first place?

It's important to understand why we want to reach certain goals because it gives us an indication of where we're at. For example if we want to lose weight in order to want our partner to love us more or as a means to gain power over our lives then the challenge is not losing weight at all but rather the underlying intention.

If you however, want to lose weight for health reasons or just to feel better about yourself then that is a true intention and reason why.

EXERCISE

Do you feel your intention for wanting to reach your goal is true? By true I mean is it right for you?



“IDENTIFYING
THE CORE
ISSUE.”

Lisa
Steingold

IDENTIFYING THE CORE ISSUE

Affirmations work only when you have first made friends with the part of yourself that wants not to hear them.

Often we believe we want to change an aspect of our lives but not realising that the change we want to make is just representative of a much deeper issue. This is not always the case but it's often the case.

If we keep to the example of the person who works all the time and whose goal is to lead a more balanced life, it is not enough for the person merely to try to work less hours. It is critical to understand why the pattern of behaviour developed in the first place. If we look at the example where the man's father told him, he would never amount to anything, we begin to understand that the pattern of behaviour developed out of a need to prove himself and eventually into a power trip. He didn't feel enough nor did he feel satisfied unless he was achieving and in his mind, achieving meant doing.

If we even look further we see how all the son really ever wanted, just like all of us want, was his father's approval and love. I have no doubt his father loved him but did not know himself how to show it. So when we began the process of change we identified the core issue as the need to build self worth in order to prevent him trying to find worth and power in external avenues.

Most 'issues' irrespective of the manifestation, in other words how they are presented in a person's life are usually representative of the person's perceived inadequacies and need for approval from external resources. Food, weight, work, relationships, money and addictions are usually the way in which we manifest our issues until the pain of trying to hide behind them becomes greater than the escape they provide. This is our opportunity to move forward and transform our lives.

Please note that I have written 'perceived' inadequacies as they usually are just perceived inadequacies. In truth we are not inadequate; it is merely our thinking or view on the world that brings us to believe that. We then take these perceived inadequacies and shape our view on the world through them.

EXERCISE

What, if any, are the deeper issues driving your goal?

So how do you know where the deeper issue lies or even if it does? You start to identify how you feel. If something pains you greatly, there is most likely a deeper issue that is driving the change.

Often we feel this pain but haven't learned to work with it. We also haven't learnt that sometimes the thoughts we think aren't necessarily true so we just sit quietly feeling like failures not understanding that the truth lies behind these misconceptions.

The above client told me that he kept thinking "Now I'm powerful because I've shown my father I'm successful" but admitted to me that he felt saddened about how things had turned out because his family complained he was never at home and his marriage had taken a turn for the worse. He admitted that even though he had more than enough money, he was unhappy. The pain of his family and marital issues became too great to ignore them anymore and this is when he came to see me.

EXERCISE

Often we give away more in our language than we expect we might. What words or phrases, do you use, most often in thinking or describing yourself?

When you meet another person for the first time, how do you describe yourself?

Often although we know what the core issue is, we don't want to deal with it because we feel we are to blame. We feel that we should know better or should be able to let it go. Blame and guilt are emotions that serve only to keep us stuck. Before we move forward, take a moment to think about what, if anything you feel you are to blame for. Ask yourself if this is true. Remember that our egos seek to keep us stuck. Do you allow yourself to make mistakes? If not, why not?



“... WHEN WE
APPROACH
CHANGE.”

■ INTEGRATED AND HOLISTIC CHANGE

We are not the product of our past and we have, at any chance to shape our lives with new beliefs. Beliefs that support us in where we want to go not from where we have come

We do not go to work and leave our bodies behind. At the same time we do not go out with friends and forget our work. We don't go exercise and leave our thoughts or emotions behind; they may be soothed through exercise but they are not left behind. It is for this very reason that when we approach change, we approach it in a holistic perspective.

EXERCISE

Look at the diagram below with its different spheres. Give yourself a score out of 10 for where you feel you are in each sphere according to your own wishes. Remember this is according to you, not to anyone else.



EXERCISE

In the section below write down where you'd like to be and more importantly how you would like to feel within each of these areas:

Mental stimulation

Body, fitness, health

Rest and relaxation

Spiritual wellbeing

Emotional wellbeing

Career

Finances

Home

Social and friends

Family (this can be your family as in your parents or in your immediate family if you have one)

Now relook at your answers above and ask yourself if this is realistic?

Often people will say that they want to achieve a goal or an intention but then through more exploration will find out that some belief they hold about themselves, others or the world at large blocks them achieving this goal. For instance if the person wanting to lose weight thinks little of him/herself then he/she may not be able to lose weight until he/she develops confidence. Perhaps if someone feels they need protection from another, they begin to protect themselves physically with additional weight. The blocks can come from beliefs which are usually put up over time or they can come from fears.

EXERCISE

Write down the first thought and feeling you have in response to the words below:

Money

Love

Beauty

My body

Work

Religion

The world

Family

Making love

Emotions

My home

The opposite sex

Marriage

Are there any of your immediate thoughts that surprised you? Are there any of your responses that you think may block you from achieving your goal. I had a client who once put under 'my body' – disgusting. If you think your body is disgusting, how responsive do you think it will be to losing weight? You only have to look at how children or animals would respond to this comment to see how ineffective it is. In fact would you talk to anyone else the way you talked to yourself and how do you think they would feel?

Believe it or not most challenges in achieving goals, do lie in the practical but rather stem from a deep seated belief that we are somehow not worthy or not good enough.

EXERCISE

Do you deal with yourself harshly? If so why do you think this is and where do you think it comes from?

In the space below write down at least 10 adjectives that describe you. Use both positive and your perceived negative.

Now that you've looked at how you describe yourself, write down how you see yourself and how you think others may see you. Don't worry, no one is going to see this if you keep it safe and secondly don't worry as I have not forgotten your original goal / intention.

How I see myself:

Is there a difference in the above? If so, why do you think that may be? Which is the truer version or are they both true?

Every person in the world has positive and negative character traits. In the past we have been told to keep working on our negative traits otherwise known as weaknesses to ensure we try to get better. In my opinion and those of many psychologists and coaches, it is more important to try and be aware of these negative traits rather than change them. (Unless, of course, they are severely negative or extreme traits)

In fact we will go so far here as to let go of the word negative. Let me explain. One of my 'negative' character traits is that I am impulsive however the same character trait allows me to be decisive and get things done. So in actual fact the character trait itself is not negative, it just needs to be balanced with an attribute such as a conscious thought process.

EXERCISE

Are there any of your 'negative' character traits that have allowed you positive experiences or achievements?

The role of our language is the key to deciphering the mysteries that lie within. What phrases or thoughts do you find yourself repeating either to yourself or others often?

**“IF NOTHING
EVER CHANGED,
THERE’D BE NO
BUTTERFLIES.”** Author
Unknown

THE ROLE OF NEEDS AND VALUES IN CHANGE

If nothing ever changed, there'd be no butterflies. ~Author Unknown

Whether we are aware or not, most of us have values which drive our behaviour and needs which are the things or particular characteristics we require from a situation. When needs and values are out of alignment, we experience pain or discomfort as there is a 'disconnect' between what we want and what we are getting.

So let's take a look at some of the following aspects and write down your values on the left and your needs on the right. An example might be that for instance my values with regards to my body are respect, fun, energy and my needs are health, energy and joy so they are pretty much aligned.

Values could include:

Abundance, Acceptance, Accessibility, Accomplishment, Accuracy, Achievement, Acknowledgement, Activeness, Adaptability, Adventure, Affection, Affluence, Aggressiveness, Agility, Alertness, Altruism, Ambition, Amusement, Anticipation, Appreciation, Approachability, Assertiveness, Assurance, Attentiveness, Attractiveness, Availability, Awareness

Balance, Beauty, Belonging, Boldness, Bravery, Brilliance

Calmness, Camaraderie, Capability, Care, Carefulness, Celebrity, Certainty, Charity, Charm, Chastity, Cheerfulness, Clarity, Cleanliness, Clear-mindedness, Cleverness, Closeness, Comfort, Commitment, Compassion, Completion, Composure, Concentration, Confidence, Conformity, Congruency, Connection, Consciousness, Consistency, Contentment, Continuity, Contribution, Control, Conviction, Conviviality, Coolness, Cooperation, Cordiality, Correctness, Courage, Courtesy, Craftiness, Creativity, Credibility, Cunning, Curiosity

Daring, Decisiveness, Delight, Dependability, Depth, Desire, Determination, Devotion, Dignity, Diligence, Direction, Directness, Discipline, Discovery, Discretion, Diversity, Dominance, Dreaming, Drive, Duty, Dynamism

Daring, Decisiveness, Delight, Dependability, Depth, Desire, Determination, Devotion, Dignity, Diligence, Direction, Directness, Discipline, Discovery, Discretion, Diversity, Dominance, Dreaming, Drive, Duty, Dynamism

Eagerness, Economy, Ecstasy, Education, Effectiveness, Efficiency, Elation, Elegance, Empathy, Encouragement, Endurance, Energy, Enjoyment, Entertainment, Enthusiasm, Excellence, Excitement, Exhilaration, Expectancy, Experience, Expertise, Exploration, Expressiveness, Extravagance, Extroversion, Exuberance

Fairness, Faith, Fame, Family, Fascination, Fashion, Fearlessness, Fidelity, Fierceness, Financial independence, Firmness, Fitness, Flexibility, Flow, Fluency, Focus, Fortitude, Frankness, Freedom, Friendliness, Frugality, Fun

Gallantry, Generosity, Gentility, Giving, Grace, Gratitude, Gregariousness, Growth, Guidance

Happiness, Harmony, Health, Heart, Helpfulness, Heroism, Honesty, Honor, Hopefulness, Hospitality, Humility, Humor, Hygiene

Imagination, Impact, Independence, Industry, Ingenuity, Insightfulness, Inspiration, Integrity, Intelligence, Intensity, Intimacy, Introversion, Intuition, Intuitiveness

Joy, Justice

Keeness, Kindness, Knowledge

Leadership, Learning, Liberation, Liberty, Logic, Longevity, Love, Loyalty

Majesty, Making a difference, Mastery, Maturity, Meekness, Mellowness, Meticulousness, Mindfulness, Modesty, Motivation, Mysteriousness, Neatness, Nerve

Obedience, Open-mindedness, Openness, Optimism, Order, Organization, Originality, Outlandishness, Outrageousness

Patience, Passion, Peace, Perceptiveness, Perfection, Perkinsness, Perseverance, Persistence, Persuasiveness, Philanthropy, Piety, Playfulness, Pleasantness, Pleasure, Poise, Polish, Popularity, Potency, Power, Practicality, Pragmatism, Precision, Preparedness, Presence, Privacy, Proactivity, Professionalism, Prosperity, Prudence, Punctuality, Purity

Realism, Reason, Reasonableness, Recognition, Recreation, Refinement, Reflection, Relaxation, Reliability, Religiousness, Resilience, Resolution, Resolve, Resourcefulness, Respect, Rest, Restraint, Reverence, Richness

Sacredness, Sacrifice, Satisfaction, Security, Self-control, Selflessness, Self-reliance, Sensitivity, Sensuality, Serenity, Service, Sexuality, Sharing, Shrewdness, Significance, Silence, Silliness, Simplicity, Sincerity, Skillfulness, Solidarity, Solitude, Soundness, Speed, Spirit, Spirituality, Spontaneity, Spunk, Stability, Stealth, Stillness, Strength, Structure, Success, Support, Supremacy, Surprise, Sympathy, Synergy

Teamwork, Temperance, Thankfulness, Thoroughness, Thoughtfulness, Thrift, Tidiness, Timeliness, Traditionalism, Tranquillity, Transcendence, Trust, Trustworthiness, Truth

Understanding, Unflappability, Uniqueness, Unity, Usefulness, Utility

Valor, Variety, Victory, Vigor, Virtue, Vision, Vitality, Vivacity

Warmth, Watchfulness, Wealth, Willfulness, Willingness, Winning, Wisdom, Wittiness, Wonder

Youthfulness, zealousness

	Values	Values
Body		
Career		
Finances		
Family		
Friends		
Home		
Any other example		

Now write down below if there are any instances that occur to you as being in conflict.

For example perhaps you have risk as a value in finances but security as a need. Perhaps you have fun as a need but structure as a value in family? (It might be a good idea, if you are in a relationship, to have your partner do the same exercise and to compare the two in order to discuss how you might structure things better).



RE PATTERNING

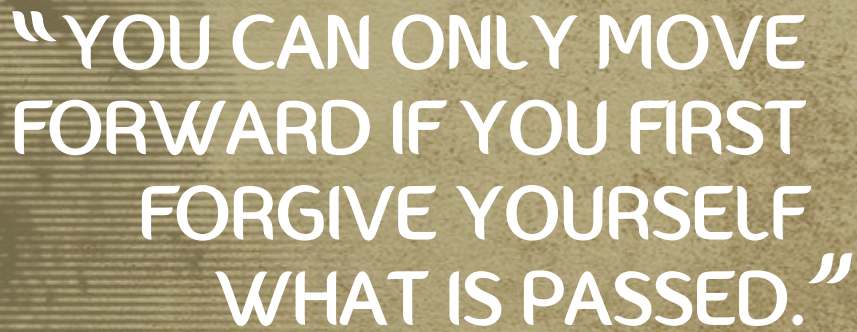
You can only move forward if you first forgive yourself what is passed

Through the above exercise we've begun to look at beliefs that may be preventing us from instigating the change we seek. The first requirement is that we become aware of these beliefs and the second requirement is that we re-programme those beliefs or re-pattern them.

Re-patterning is spoken of ad nauseam within the coaching profession but from my point of view it requires more than just readjusting your thoughts or speech. In order to re-pattern your belief systems, you must first go into why the belief originated in the first place.

If we look at the example mentioned above, the belief was formed long ago. It is such with many of our beliefs. Finding the beliefs is more important than discovering exactly when they were formed. With a trained professional or with the tools you will be able to discover the obstacles within your belief system.

Reshaping such beliefs requires that we are able to go into the emotional upset we experience during particular thoughts or behaviours. Usually we are told to avoid what we don't like and move instead towards what we love. The only way we will be able to create sustainable change is to allow ourselves to feel the insight that lies hidden within the pain or discomfort we might feel.



“YOU CAN ONLY MOVE
FORWARD IF YOU FIRST
FORGIVE YOURSELF
WHAT IS PASSED.”

EXERCISE

Preferably complete this exercise with an appropriate professional such as a psychologist or coach unless you feel you are comfortable working alone.

Look at the core issue you may have identified above or any one of the surprising beliefs you may have uncovered above. Close your eyes and think about this. Allow yourself to feel the emotion. Where does this emotion come from? Where have you felt this emotion before?

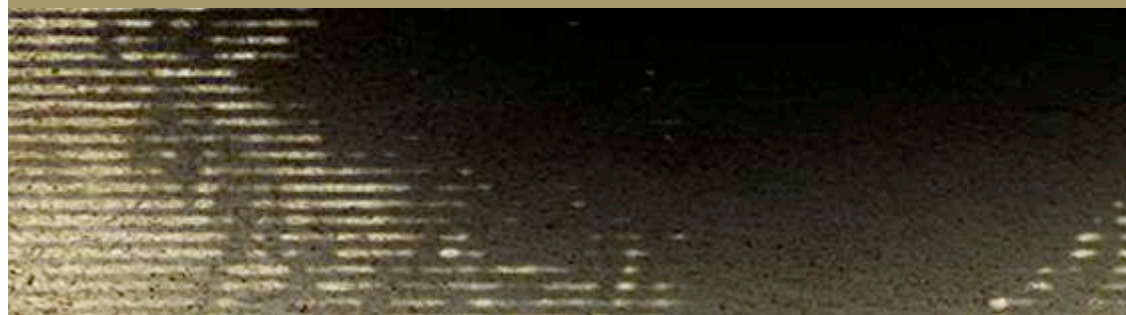
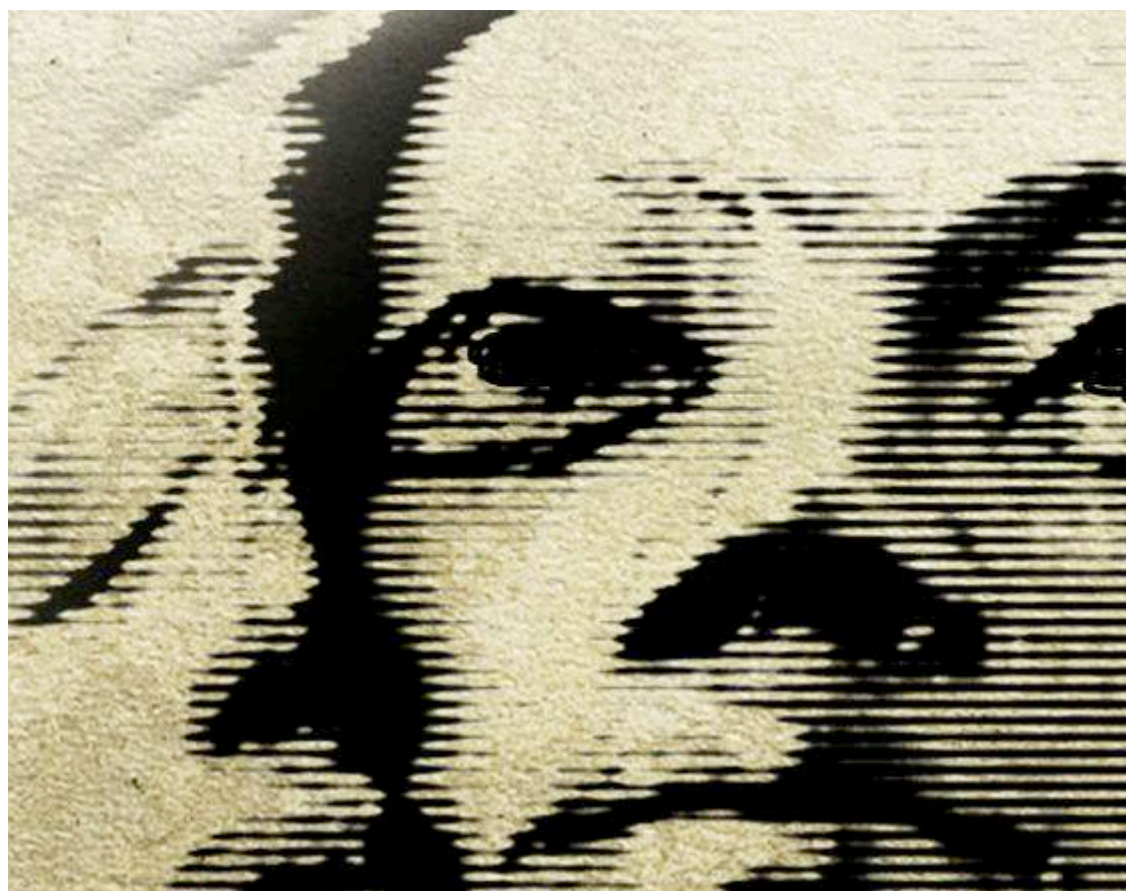
What wording could you begin to replace this belief with? For instance the individual in the example felt pain when he expressed to himself “I need to be successful in order to gain approval”. This was the underlying belief promoting his workaholic behaviour.

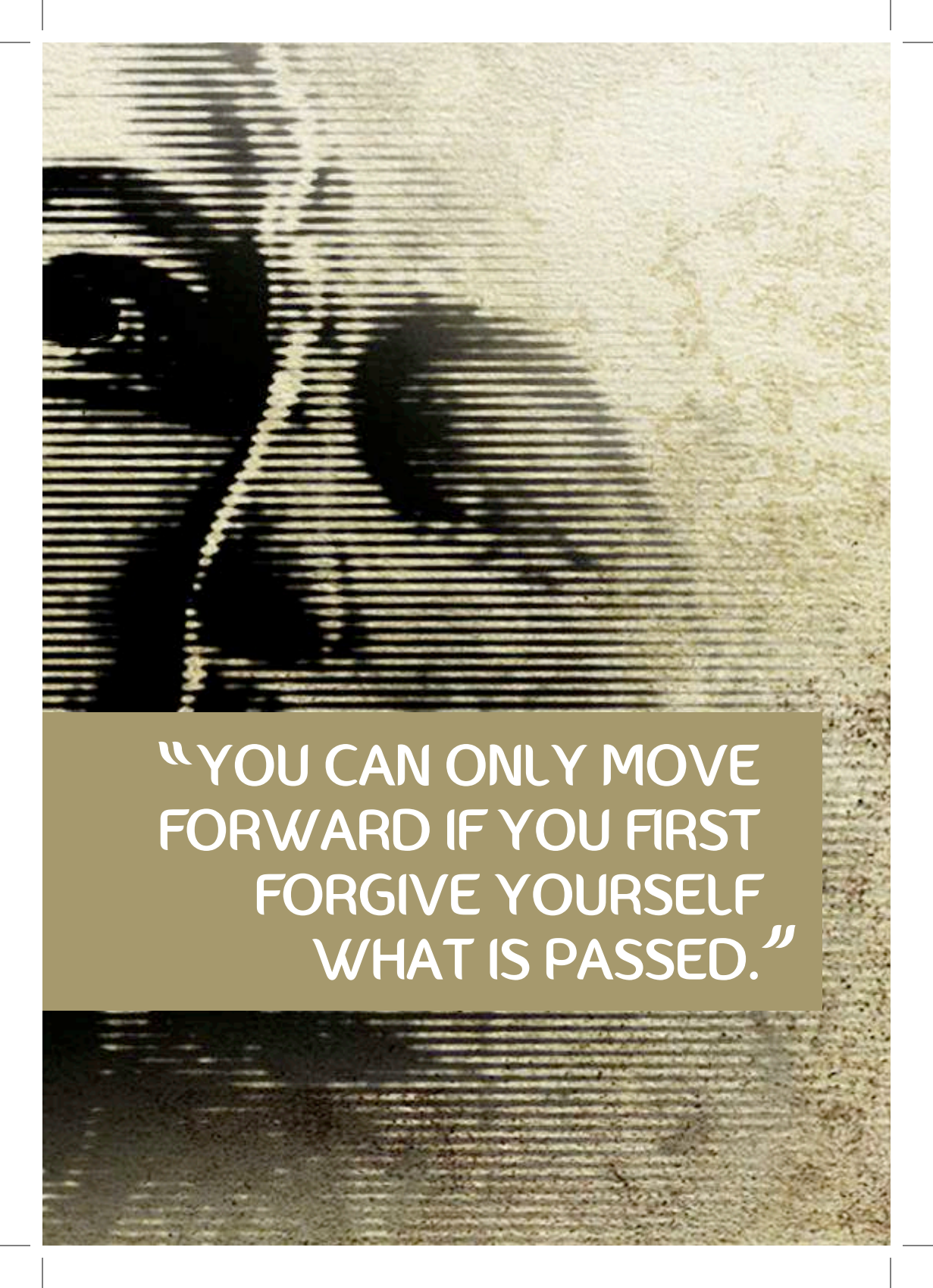
His homework was then to go and explore whether this belief served him and how he could possibly reword it and reprogram it into his belief system or worldly philosophy.

A few weeks later he returned looking refreshed. He remarked how he had decided to reword his belief as follows:

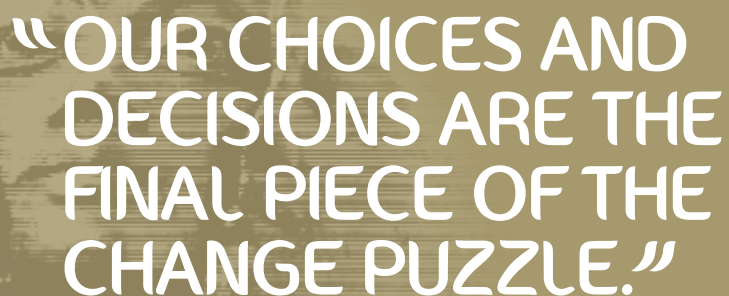
“I am successful, approved of and loved.”

Whilst it took some time to integrate slowly his external circumstances started to change in response.





“YOU CAN ONLY MOVE
FORWARD IF YOU FIRST
FORGIVE YOURSELF
WHAT IS PASSED.”



“OUR CHOICES AND
DECISIONS ARE THE
FINAL PIECE OF THE
CHANGE PUZZLE.”

THE PRACTICAL APPLICATION

You can dream, you can wish, in fact you can even delve deep into your thoughts and emotions and re-pattern your beliefs but unless you take the last step of practical action, the change you seek will not materialise. This does not mean you are in control of the outcome but you must take action i.e. your part in working towards the change you seek.

Most people start at the practical application and think little of the underlying process however it does not help also to go through the process and not make the physical changes needed.

More than likely your external circumstances will change as a result of the internal change process but you will still be required to make decisions and choices and this brings us to the last point in the process of change.

Human beings are unique in that we are conscious or at least we can become conscious of our choices. Our choices and decisions are the final piece of the change puzzle. Even if our workaholic example re-programmed his belief system, unless he physically took steps to work less hours, the picture may not have changed.

This brings us to the point of balance. Over-identifying with any one point in our lives be it work, sport, our bodies, a relationship or money will result in pain or discomfort at some point in time.

EXERCISE

What do I need to do today, weekly, monthly or even annually to assist me in reaching my goals?

Daily

Weekly

Monthly

Annually

Is this a balanced approach? _____

The way in which we judge whether we have been 'successful' (and the term is for you to define as to how you would like to interpret it) in adopting change is to ask ourselves how we feel? Are our actions causing pain or harming anyone else? Is the way in which we are conducting our lives sustainable? Are we over identifying in any particular area of our lives? Do we feel a sense of contentment and wellbeing?

We have completed the 'conscious' approach to behavioural change. I wish, at this point, to mention that over time we store our patterns in our DNA. As such, although we may work to change, we may not have much success and may begin to feel like failures in our lives. This is usually an indication that we are storing a belief system deeper than we are consciously able to access and in this case, it may be useful to see a body practitioner or healer. If you want to take this route, please do not hesitate to contact me for a referral; lisa@lifeinc.co.za

For more information on wellbeing, be sure to download the eBook "Empowered Wellbeing" from the Life Inc website.





Lisa Steingold

Lisa prefers not the title of coach but rather as a facilitator her vision is to assist individuals in unlocking the solutions that lie within. She's learnt to do this in her own life through approaching her own set of challenges. With a strong passion for movement and creative expression, she loves sport (cycling and running), dance and writing. One of her favorite means of creative expression is writing and has recently finished writing a book "Learning to Love Lisa".

Lisa began coaching following her divorce and her own journey with a coach and particularly brilliant therapist who helped her shape her life. She has subsequently developed her own tools which she has derived from her journey through Buddhist teachings, her own insights and studies. She has a B Com honours degree in Sports Management, is a qualified personal trainer and is enrolled with the College of Applied Psychology.

Lisa spends her spare time with friends, family, bicycles (in Jan 2010 she mountain biked solo through Vietnam), books and food. Her bucket list includes visiting Bhutan and learning to tango. She can be found once a week rocking the house at her local Virgin Active.

LISA'S ACHIEVEMENTS INCLUDE:

Being nominated for the Mzansi Soul Search Award in 2010.

Co-founding of The South African Soul Project (an NGO that aims to achieve positive and sustainable change in SA).

A past position as the National Marketing Manager of Vega, The Brand Communications School and a strong history in the communications field.

Presenting on various topics to the likes of Shape Managzine, Blackberry, Metropolitan, Psychologies Magazine and Cape Union Mart. Cycling around Vietnam and Laos in Jan 2010 where raised over R15 000 for JAG, The Sports and Education Foundation. Various sporting achievements which include Kilimanjaro, Half-Ironman, climbing in South America and the Himalayas.

A year travelling solo in South America and East Africa in 1999. By reading this you should not envy Lisa nor think her perfect. She's worked through her own challenges which have included learning how to balance her emotions, losing her home, a divorce of her own making and an undying love for chocolate. She's a little impulsive for her own liking and sometimes get irritated in traffic but has learnt (and continues to learn) to incorporate all of this into the picture and more than that, love it. Lisa aims to facilitate positive change and true empowerment in every aspect of her life and the lives of others. She believes that the key to changing the world is for each individual, group and organisation to be equipped with a sense of value, responsibility, desire to change the status quo and the belief that anything is possible. Because anything IS possible and to borrow from Adidas "Impossible is NOTHING".

