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it describes how people envision their futures what they may become or want to become or even fear becoming the term coined in 1986 by the social psychologists hazel markus and paula nurius

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there are six stages of transformation problem unaware problem aware preparation action maintenance and relapse understanding this cycle at least doubles your chance of successfully transforming your life the most important reason is that it sets the right expectations allowing you to prepare for what s next

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a personal transformation occurs when you change your thoughts behaviors and beliefs to expand your consciousness and live a more fulfilling life as part of the process you take a closer look at everything you perceive as yourself and alter aspects you no longer need

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how to transform your life starts with making the commitment to change your beliefs and your behaviors changing your life isn't easy or everyone would do it it requires patience discipline motivation confidence and an unwavering belief in your ability to create a better life for yourself one that allows you to be in alignment with your

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by understanding adapting and shifting your mindset you can improve your health decrease your stress and become more resilient to life s challenges shifting your mindset

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step 1 identifying your goals the first step to transformation is to identify your goals take some time to reflect on what you want to achieve in the next year think about what kind of

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1 decide who you want to be many people are so caught up figuring out who they are that they don t consider who they want to be they don t plan the life that they want to have the things that

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7 ways to change your life 1 do something anything a lot of people get stuck when they try to change their lives because they don t know where to start or what to do the simple answer is to do something anything really

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1 visualize what you want to change your life you need to first imagine a different life says lisa petsinis a life and career transformation coach and you can do this by using the

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