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1

STARTING FROM WITHIN: PERSONAL CHANGE



“Every public reform was once
a private opinion.”

—Ralph Waldo Emerson

To change the world, you have to believe that change is possible, and you have to know how to make change work. There is no better place to start that process than in your own life. If you know how to make personal changes, you can apply those techniques and principles to the world around you.

Have you ever wanted to get rid of a bad habit? Maybe you bite your nails. Perhaps you are habitually late with assignments, or you're grouchy and irritable in the mornings. Or perhaps you want to establish a good habit, such as practicing your musical instrument regularly or starting an exercise program.

Changing something about yourself can be difficult, but it can be done—if you develop a good *plan*. The activities in this chapter will help you make personal changes. And the kind of planning you use here can also be used when you plan for changes in the world around you.

WHAT DO YOU WANT TO CHANGE?

Start by brainstorming a list of things you would like to change about yourself. When you brainstorm, do not judge your ideas. Write down everything you think of. There will be plenty of time to choose the most important ideas later.

- First, write down some bad habits you would like to break:

- Now, what good habits would you like to establish?

- How would you like to change your relationships with other people?

- What new skills, abilities, or interests would you like to develop?

- What have you always wanted to do, but you were afraid to try?

- List anything else about yourself you would like to change.