



# *Path4Change*

Path4Change is a powerful, creative way to make changes in your life.

It is a daring, bold and action-oriented journey of self discovery.



# *The Process of Change*

Making long-term, significant changes is about taking specific actions to solve your problems, stepping up to challenges, and spiraling up, getting better each day so your best days become your new baseline.

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# *Introduction*

Hello welcome to the Path4Change. First of all I want to congratulate you for giving yourself permission to work on yourself, taking the risk to leave your comfort zone and to try out something totally new.

## **Who is this for?**

It is for people who want to create their own future. Individuals with a dream or desire to move forward. Going on this journey sometimes means taking risks, feeling uncomfortable, but knowing that this is how you grow.

Change can be challenging, but with the right support, tools effort and mindset, anything is possible. Our process and 20 years of experience can help you find you find your way towards your current goal or need, even as far as to finding your Path or True Calling.

## **People make real long-term changes only when they:**

- Become concerned about the need for change
- Feel that the change is in their best interest
- Organize a plan of action
- Commit to taking steps to make changes
- Take the actions to make and sustain changes



## *About Path4Change*

Path4Change employs a 4-Step Model of Change that guides you through the areas of **Awareness and Resistance, to Inspiration and Action (ARIA)**.

The Path4Change is an evidenced based approach developed to help you learn how to improve your life. It addresses issues such as self esteem, anxiety, depression, motivation and fear of success.

Each section will help you address the thoughts, emotions, and behaviors that are holding you back and identifies the new choices and practices to help move you forward on your journey.

The Path4Change provides a toolbox full of practical strategies that you can apply on your own whenever you need them. All of these techniques have been born out of Motivational Interviewing, Cognitive Behavioral Theory, Self-Determination Theory and Positive Psychology for promoting your physical and mental health.



"The key to successful  
change is in knowing what  
stage you are in"

~ James O. Prochaska

The background of the entire page is a dark, almost black, color. It is decorated with various tropical leaves in shades of green and teal. The leaves include large, heart-shaped monstera leaves with characteristic holes, and several feathery palm fronds. The leaves are scattered across the page, creating a dense, jungle-like pattern.

**ARIA**

*Awareness*

Knowing what you want,  
wish or desire now and in  
your future.

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**ARIA**

*Resilience*

Find your strengths,  
values and capabilities to  
make significant changes  
in your life.

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**ARIA**

*Intention*

Use your specific reason for change and why this is important to you to motivate your actions.

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ARIA

*Action*

Apply your commitment,  
willpower and plan to  
take specific steps to make  
long-term changes.

# *Starting Out*

Discovering an awareness of where you are right now is the important first step. Identify a change that you are considering, something you are thinking about changing in your life, but have not definitely decided.

*“What do you imagine would be different?”*

*“What is possible? What can or could you do?”*

*“Why would you make this change?”*

*“What is the next step, if any?”*



# *Schedule Today*

We will start with building an awareness of what you need or want in your life, and amplify this with radical acceptance - to help you find ability to begin to take steps forward, out of your comfort zone and onto your journey or path.

Once we've eliminated anything holding you back, and tapped into your strengths, values and capabilities to propel you forward, we will then explore the best ways to go about getting what you want. The final part will be taking small, actionable steps, while holding yourself accountable to the process of achieving your long term goals in the process.

"When we are no longer able to change a situation,  
we are challenged to change ourselves."

- **Victor Frankl**

[BOOK YOUR CONSULTATION](#)

