

Be Like a Butterfly



**10 STEPS TO HELP YOU MAKE
CHANGES IN YOUR LIFE**

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Preface

This book was written to help anyone wanting to make major changes in their life. It is an easy-to-read book and doesn't go into lengthy clinical explanations or psychological reasons of why you regret not making the changes you should have made in the past. The objective of this book is to help you learn how to plan changes needed for a particular desire or dream such as a change in career, a relationship change, or even bad habit changes.

You may wonder why it's called *Be Like a Butterfly*. I chose this title because the life of the butterfly was instrumental in inspiring me to compare 10 steps that have been categorized into four stages that a butterfly goes through to the plans for making changes in your life. These 10 steps will show how to organize the plans for your changes but before you get to that part of the book, there's a wealth of information about different aspects of changes, such as how to tell when it's time for a change, how to know the difference between things you cannot change and things you can, how to look at changes to cut down on the anxiety they may cause, and much more.

It is true that changes can be made quickly without much planning but not everyone can do that without causing a considerable amount of stress. Making major changes that have been planned out are much easier on your emotional, physical, and mental state of mind.

Have you ever noticed that when you are forced to make a change that was not planned out that you may fight it and the anxiety or stress levels are much higher than if it had been planned and carried out in a slower manner? The simple reason for that is that your body needs time to adjust to change because it has to recover from a period of shock before it can start doing things differently.

In the business world, the success rate of changes made too quickly isn't very good. Many agree that it would be wise to heed a proverb given by the wise King Solomon that says, "The plans of the diligent surely lead to success, but all who are hasty surely head for poverty." (Proverbs 21:5)

Throughout the book, I have placed quotes about change that are on photos of butterflies to show you how making changes can be compared to the changes that a butterfly makes. Speaking of quotes, there is one that I like and want to share with you from Alfred A. Montapert. "A smile of encouragement at the right time may act like sunlight on a closed up flower. It may be the turning point for a struggling life." I totally believe this and warms my heart to see a smile appear on someone's face after giving them a few words of encouragement. What's even better is when they make changes in their life after those words of encouragement.

I want to emphasize that some of my writing may appear to be from a therapist or other type of professional other than a writer, but I want to assure you that I am not any kind of a therapist or counselor and certainly am not claiming to be in any medical capacity. I am just sharing my knowledge and experiences. Please consult a medical professional if you have any concerns or questions about how your changes may affect your health.

This book was developed from a presentation I wrote called "Changes" and it has some beautiful photos of butterflies with quotes about changes on just about every page. You can see it at jessicajdumas@gmail.com. There is also a link to where you can buy this book on Amazon.com.

May you be blessed with making good changes in your life with the use of my book.

Chapter 1: A Lifetime Full of Changes

About the Author's Changes

Since this book is about how to plan changes, I thought I would start it out with a short summary of some of the changes I've gone through in my life. The main reason for doing this is to bring out that changes are going to happen whether you plan for them or not but there may be some things that you can plan for that will help you make it through life without so many unplanned changes.

It is true that some people are natural planners and other are not. I thought for years that I was not a natural planner mostly because when I planned something, it seemed to always fall apart and I'd have to come up with a new plan. Well, I later figured out that it wasn't that I wasn't a planner, it was that I wasn't planning correctly. With every important plan, you have to come up with a Plan B and I didn't always think it was necessary. Plan B's always work in the movies so maybe there's something to it.

If only I would have had some Plan B's ready for when some awful things happened. The rest of this chapter is a summary of major events in my unplanned life.

Raised in the Midwest countryside of lovely central Minnesota 20 miles east of the Twin Cities, I had plenty of butterflies around and loved watching them flutter from flower to flower. On summer vacation I would spend hours sketching butterflies or horses. After graduating from high school, I married a man I had met in my senior year. Even though we planned it out, I had a gut feeling it was not a good idea. A hard lesson to learn about needing to follow your gut instinct!

At first, I loved married life and within two years I gave birth to a beautiful baby daughter. In the next few years my husband became an alcoholic and started abusing me. I lived a roller-coaster life for about seven years trying to get away from him. It's a long story that will be in a future book I am writing. The one thing good that came out of the marriage besides my daughter was that I ended up living in Southern California not far from the beach.

It was there that I met a man who was a flight instructor and an alcoholic. You may wonder how I managed to attract another alcoholic. It has a lot to do with low self-esteem that came from being raised by a clinically depressed mother and a father who was not around much. My first marriage was an attempt at finding fatherly love but ended up causing a lot of pain. The worst thing about the breakup was that my ex kidnapped my daughter and was able to illegally divorce me and get custody of her.

The flight instructor helped me through the pain and also fulfilled a childhood dream I had forgotten about of wanting to fly. Somewhere between the take-offs and landings,

we fell in love and even though we were of different races, we flew to Las Vegas in his airplane to get married with not more than a week's notice. We spent two years having fun flying all over before settling down to have two boys just 11 months apart. Our family of five were basically happy and were blessed with 30 years together.

During that time my mom died of breast cancer, and I inherited some beautiful butterfly-related items and my love for butterflies was reborn. That same year I got bladder cancer and had appendicitis. My health problems were beginning and by 50 years of age, I was having panic attacks due to the stress on my job.

My career as a document specialist taught me several different software programs but after years of sitting at the computer for 8-10 hours a day, I was having problems with my back, neck, right hand and arm so it was time for a change. I started a freelance business called The Butterfly Connection to teach people how to do what I had been doing with computers for years. I did that for about three years and then my husband died from a stroke.

Devastated I moved out of California to Phoenix where my oldest son had moved to go to school. I didn't want to work as I hid away living in a small travel trailer. One year to the day of my husband's death, I was diagnosed with breast cancer. I had radiation only as it was at an early stage but at the time, I wanted it to kill me to end my sorrow.

Eventually, I took on some freelance work and started coming out of my depression. I made friends with a man who rode his bike around my neighborhood. He was pursuing me but I had no interest in marrying again. Somehow he broke through my wall of depression and I warmed to his sweetness. A year later we married proving to everyone that people can marry in their 60s and be happy.

I then decided to change my business to a virtual assistant service since I wasn't sure where I would be while traveling with my husband across the country as we pulled our travel trailer from place to place. We were both retired so we took our time to see the country, went to Minnesota to see my family, and stayed for three years until the cold winters got too much for my arthritis. We moved to New Mexico for a few years and then came back to Phoenix where we met.

It was great being back near my daughter, my oldest son, and three grandchildren. They surprised me with a gift of a ticket to the Butterfly Wonderland in Scottsdale and took me there. If you're ever near Phoenix, Arizona, you must go visit the place especially if you love butterflies. It was the inspiration I needed to start writing.

I found work online as a freelance writer and had been writing product reviews, blog articles, and eBooks for clients for about a year when I started having some severe health problems making me wonder how much time I had left to live. I was in my late

60s at the time and was not ready to stop doing what I loved. Even though my health got so bad I had to be in a wheelchair, I was stubborn and was not going to stop trying to follow my dreams. I had one more dream to fulfill...to write a book of my own.

I had no problem writing for other people but just didn't know how to get going on the book I had wanted to write for some time about how to make changes in your life. I had made up a PowerPoint presentation on it but that's not the same as writing a book. It seemed like an impossible job but I was determined to try.

I know that at times a writer needs to be inspired by something to follow through with a project but I couldn't think of anything to inspire me. One day I accidentally came across the videos of the butterflies at Butterfly Wonderland. It reminded me of that incredible feeling of being right there among them as they fly around. I especially like to watch the part where I was so excited to have one land on my foot that I sounded like a little girl as I screeched, "Look everybody! I have one on my foot."

As I watched the video, I saw myself walking around among the fluttering butterflies and it made me feel sorry for myself as I sat in my wheelchair. But then it occurred to me that it didn't matter if I could walk or not because I would be sitting as I write either way. I kept watching the video and saw how hard those little creatures worked at hanging on to get to the flowers and it inspired me to start writing this book. I knew once I wrote this book I would be able to go on to write the book of my dreams ...the story of my life.

The butterfly exhibit experience may not be something that would inspire you but if you are having a hard time getting motivated to start planning a change in your life, keep reading. There are some tips on helping you get motivated in a later chapter. I hope you find something awesome to inspire you and also hope you will have fun making changes in your life with the help of my book.

Oh yes, I almost forgot to mention another big unexpected change that I took in stride. My latest husband of almost nine years wants a divorce after I asked him to leave because he was getting abusive. I won't go into detail but his leaving didn't hurt as bad as the first time he left me because I was more prepared for the possibility and because I can be happy without a man in my life because I believe in myself and I trust in my God to help me through the rough times.

Now to get on with helping you to make changes in your life...

Chapter 2: Which Are You? A Dreamer or a Doer

Are you dreaming about making a change?



Or are you ready and excited to change?



Either one is good because if you're dreaming about your plans for changing, you may not make the change as soon but it is very likely that you will do it eventually. But if you have any doubts, just keep reading and by the end of the book, you will be excited to make a change. Or as this little boy (my oldest son Walt) would say, I was so excited to get changed? Just a little humor to get you smiling.

If you look closely at the picture of my son, you can see that his right hand is not fully developed because he was born with a birth defect that the doctors could not say had a reason. He has grown up to be very well adjusted and can do just about anything with that hand. The only thing is that his body is off balance with his right side being lighter

and not as strong even though he is right handed. This makes him have neck and back problems and since he has inherited my back weakness and other ailments too, he isn't able to handle jobs that are very physical and may eventually need to go on disability. Even so, I am very proud of him because he tries hard to provide for his family and be a big help to me as well.

In the first picture above is my granddaughter, Isis, who has graduated top of her class of 2018 with several honor awards. I am so proud of her and it shows that dreaming is not a bad thing. 😊 Just because you're a dreamer, does not mean you are not a doer. I'm just as proud of all my children and grandchildren and great-grandchildren because they are all my inspiration and I love them all very much.

I've designed this book to be interactive with questions for you to answer to help you make plans for your changes. Take your time going through each section. If you are reading this as an eBook, use a notebook to record your answers numbering them as you go so you can complete the final questions at the end of the book. If you would like a version of this book that you could print out so you can write on it, let me know and I will send it to you as a PDF file. Just send me an email through my website at <https://thebutterflyconnection.simdif.com>.

You don't have to answer the questions but doing so will show how dedicated you are to making changes in your life. It will also help you to be motivated to make changes. As you get into the book further I hope you discover that making changes is easier than you imagined or have experienced before.

Here's your first question:

Do you have any ideas of what motivates you to do something out of your comfort zone?

If not, think of something you love to do. What are you passionate about?

Chapter 3: Definitions of Change

The word “change” is one that has very many meanings and many meanings that are similar. It is a word that you’re familiar with that can be a noun or a verb. I never thought there were so many meanings for change and thought you would find this interesting as I did. Below are 20 definitions that were taken from different dictionaries.

1. To take or use another instead of (change gears in vehicle)
2. To alter, amend or modify (a change in the law)
3. To convert, bring over from one belief to another (change religions)
4. To convert or exchange (change one currency into another)
5. To transform or transfer (to change in composition or structure)
6. To pass from one state to another (from solid to liquid)
7. To move from one to another (change planes)
8. To make or become different (accomplishing change in your life)
9. To exchange money for smaller units (change a ten for two fives)
10. To make equal or give money owed back (making change)
11. Coins as opposed to paper currency (change in your pocket)
12. To remove and replace with another (change of clothes, change a relationship)
13. To switch, swap or shift from the usual (that haircut is a change for you)
14. To deviate from or to (a minor change in direction or a way of doing something)
15. A musical procedure (changing of the bells)
16. A variance from or different routine (I could use a change)
17. To substitute, take or replace something for another (change a tire, change of venue)
18. A metamorphosis (as in stages to become a butterfly or a different person)
19. Another word for menopause (going through the change)
20. To pass from one thing to another (as in seasons)

Some others not listed are: transmute, vary, mutate, trade, and replace. Then there is the quick-change or a change artist. Quick-change is when a performer or magician changes quickly within seconds from one costume into another costume in front of the audience. A good example would be models who change their look several times in a show. A quick-change artist can also mean a magician or someone who can do tricks to scam people such as how they can confuse a cashier to make change ending up with more money than the cashier realizes. This would be a good example of change you wouldn't want to do.

The only reason for bringing up all this information on meanings of change is so that you can see how changeable the word change is and one thing for sure is that we are now thoroughly educated on the meaning of CHANGE!

I really think it is time to change the subject! Just joking. How can I change the subject when the subject of the book is change? (You don't need to answer this one...lol)

What definition of change do you think is the best?

Can you think of any others?

Chapter 4: What are the Impacts of Change?

When you think of making a change in your life, it could be a big change that will impact your life tremendously. In fact, that is the kind of change discussed in this book. To make a significant change in your life, several things may come into play but everyone is different so you may or may not feel that some of these fit your circumstances. Here are some things that may be involved or impacted when you decide to make a change in your life:

- Change in habits require repetition or behavior modification
- Change doesn't happen until your mind is ready
- Change involves changing habits that are learned
- Change involves changing inherited personality traits
- Change involves turning the negative into positive
- Change involves the ability to examine your ways
- Change can trigger stress and coping behaviors
- Change requires plenty of discipline and fortitude
- Change involves preparation, persistence, practice, and pain (the 4Ps)

The last bullet talks about pain. This is not necessarily physical pain but could be if you are starting to workout. But even more so are emotional or mental pain due to the things that have happened to you in life. To look at it another way, I took some information from an article at elitedaily.com by Paul Hudson that said ...

"I'll let you in on a little secret, one that you may not be especially happy to hear: Creating significant change requires significant pain. It requires significant struggle.

It requires changing you on the deepest of levels; ... Our bodies are designed in such a way as to throw our senses into hyperdrive when we are being threatened or feel hurt.

This means that in order for someone to find a reason to make changes, they have to have felt tremendous pain – pain they believe they can comfort only by making the necessary changes. Which means that just trying to change *will* change you. Hopefully, for the better."

I didn't include this to scare you but to make you aware that there could be some stresses involved when making a change, depending on how it impacts you and others. With any major change you may wonder if you can endure the change or the results of

the changes you make but be assured that you will also learn so much so always be willing to endure and face the challenges of changes. The benefits will far outweigh the challenges. Even if it raises your stress level for a period of time, it will be worth it.

Dealing with stress is something that remains a mystery to some and it can be a good thing to take a class on stress management if this is a concern of yours so that you can be prepared for the changes you are about to make. I wouldn't want you to end up with some health problems from too much stress.

Stress is the subject of another book I want to write as I have been told that I handle stress very well. However, I do internalize it somewhat and I would like to help people be able to learn how not to let stress get to you so badly that it affects your health as it did for me for a period of my life. My presentation called "Stress" that is in my portfolio website at www.jessicajdumas.com may be helpful in managing your stress.

Name some challenges or stresses you may face when making the change you want to do?

How do you plan to handle any extra stress that comes with your change?

Chapter 5: What Does Change Mean to You?

Making a change in your life is a personal thing and everyone looks at it differently. When I surveyed six people, I received six different answers to the question “What does change mean to you?”

- Change is like learning new software... the more effort you give it the better you do.
- Change is the only thing we can't avoid besides death & taxes.
- Change is the only thing you can really depend on.
- Dreams do not come true without change.
- Goals can't be reached without change.
- Change is how many coins are left in my pocket.

What does change mean to you?

Chapter 6: Great Quotes about Change

“I look in the mirror every morning and ask myself: ‘If today were that last day of my life, would I want to do what I am about to do today?’ And whenever the answer has been ‘no’ for too many days in a row, I know I need to change something.” – Steve Jobs

“Change will not come if we wait for some other person or some other time. We are the ones we’ve been waiting for. We are the change that we seek.”

– Barack Obama

“I can’t change the direction of the wind, but I can adjust my sails to always reach my destination.” – Jimmy Dean

“To exist is to change, to change is to mature, to mature is to go on creating oneself endlessly.” – Henri Bergson

“Nothing will change in your life until the pain of remaining the same outweighs the pain of change.” –Arthur Burt

If you wanted to make an outstanding statement about change, what would it be?

Chapter 7: How to Know When it is Time for Change?

The above quote by Arthur Burt certainly has a lot of truth in it. Here are some other signs that it's time for a change.

- You're not sure what your passion is or you feel like you don't know yourself very well.
- You're not focusing on your real priorities. You may be letting other things get in the way of what your priorities should be.
- You can't remember when the last time was that you stepped out of your comfort zone and you may find it difficult to even think of doing that.
- You're excessively jealous or envious of someone because they are doing what you want to do or being what you want to be.
- You can't wait for weekends to escape your current life by getting away or drinking instead of enjoying most of the time at home with family.

Can you relate to any of the above?

What is Your Passion?

Some people grow up knowing what their passion is and start pursuing it as soon as they can. Others have a harder time knowing their passion for various reasons. Sometimes it's just because as a child they were not given the chance to experiment with what could become a passion and other times it just isn't considered important.

If you haven't found your passion in life, you're not going to find it if you continue to do the same thing over and over, year after year. In order to discover what lights you up, start by creating the space in your life to seek it. Give yourself time to find out who you are, what your strengths are, and what peaks your interest. Experiment with learning new things, spending time with inspiring positive people, and doing more of what excites you and less of the things that take your energy (like vacations...lol).

Write in your notebook 4 or 5 strengths or interests you have.

Is there one of them that you really love doing more than the others?

Priorities vs. Focus

Sometimes we get so wrapped up in our career that we forget what our priorities are in life. Do you spend more time than needed at work and then too tired to spend time with the family? If so, you may be losing out and need to make some changes. Write down your three top priorities in life. Then write down the three things you focus most of your life on. Are you spending your time living your top priorities?

Consistently doing what matters most to you is one of the keys to feeling fulfilled in life. If you're not focusing your life on what's important to you, it's time to make some changes.

What is your main focus in life?

Comfort Zone

According to Neale Donald Walsch, "Life begins at the end of your comfort zone." Your life can be even more amazing if you stretch beyond your comfort zone.

Some reasons for stepping out of your comfort zone:

- Life is too short to spend your years not living to your full potential.
- You will utilize talents and knowledge you may not know exists.
- Taking risks helps you grow even if you make mistakes.
- When you try new things you build on your life skills and knowledge.

The biggest reason of all is that when you leave your comfort zone, it helps you deal with change better. Each transition you make moves you up another level and that alone helps to transform you into a better you.

Be like a butterfly in being able to adapt when some sort of trauma delays your plan of goal. If a butterfly loses a wing while coming out of its chrysalis, the other wings grow larger in order to compensate for the missing wing and the butterfly is able to fly away as any other butterfly. This doesn't mean that if you lose an arm that you can grow it back, but you could compensate in some other way as several people need to do who are disabled as did my son mentioned above.

In your notebook describe what you think your comfort zone is and some things you can think of that will help you leave it.

Describe some things that are beyond your comfort zone that you would love to do or learn to do:

Jealousy or Envy

If you find yourself feeling jealous of someone, there are changes to consider making:

- Make a point to focus on your path instead of his or her journey.
- If the person you are jealous of on social media, take a break from it and try being a different kind of social butterfly by going somewhere there are people to mingle with such as a coffee shop
- Get inspired by the person you're jealous of, and work toward a similar goal in your life.
- Decide what the other person has isn't something you are willing to put in the effort to achieve.

Living focused on your priorities and passions will provide you with much more fulfillment than trying to be like somebody else. Being jealous can be healthy if you use it as a tool to work at doing the same thing as the person you are jealous of; however, being envious is more dangerous because when you envy someone you may feel like they don't deserve what you should have instead. Envy is not ever healthy and if you have such feelings, you may plan to do harmful things to get what you want and that is not the type of changes that help you succeed in life nor am I recommending.

If you are seriously jealous of someone, make it a goal to plan on changing with the 10-step process described later.

Escaping

Stop waiting on Friday, or summer, or love to come. Happiness happens when you stop waiting for it and make the most out of the moment you're in now. Fridays are fun, but other days can be enjoyable too.

If you're saving all your living for the weekends, it's time to truly think about your life and consider making some changes. Don't get me wrong; it's great to have plans you look forward to on the weekends, but it be great if you could have that excited Friday feeling on the other days of the week.

Make a note of any other signs that may be telling you it's time for changes in your life.

Chapter 8: Things We Cannot Change vs. Things We Can

Have you heard of The Serenity Prayer? It is in the picture below and applicable to anyone needing to make changes. But as it states, we need to know the difference between the things you cannot change and the things we can change. At times, it takes wisdom to know the difference and wisdom to be able to accept the things we cannot change and sometimes it will take courage to change things that we are able to change.

Examples of things you cannot change...

- Natural disasters
- Past events and choices
- Your race, culture and family
- Another person's personality
- What another person says to you
- What another person has done to you
- The law and authorities
- Death or injury of a loved one
- The weather (unless you move)

Can you think of other things that cannot be changed?



*God grant me the serenity
to accept the things I cannot change;
courage to change the things I can;
and wisdom to know the difference.
—Reinhold Niebuhr*

Courage to Change the Things You Can

It takes courage to change things, especially yourself. Courage is defined as the ability to do something that frightens you and it takes extra strength, many times in the face of pain, struggle, or grief. The amount of courage needed depends on how difficult the change is to make. Try to look for the positive in how hard it is to make some changes. It may be helpful to recruit a coach, mentor, or friend that can help you stay positive and focused on the steps of progressing toward your change. And remember that you are being more courageous than many who ignore the things they know need changing.

Finding a mentor can significantly help you improve your life. Not only can your mentor give you advice on what to do in certain situations, he/she can also warn you about possible problems coming up. Without a mentor, most likely you will have to learn many lessons the hard way. Having a mentor will save you a serious amount of time.

Getting a good mentor is not always easy but some do it for pay. In many cases, you can't just expect someone to invest his time in you for nothing. Don't just pick anyone like a friend or family member. Study how the people around you live their life and if you notice someone you think would be good, ask them to lunch before springing the question on them.

Also, when you find the right one, it's a good idea to draw up a simple agreement in writing of what to expect out of each other. Or if someone recommends someone, check them out first before agreeing.

For those who seek spiritual wisdom, "Be courageous and strong" occurs 99 times in the Bible. Reading them can help encourage changes and keep you focused as you progress.

Name some other things that you can change?

The Wisdom to Know the Difference

Usually you can tell the difference between the things you cannot change and the things you can but sometimes you are not too sure so before jumping into doing something you may regret, reflect on if it would be wise to make certain changes or it may help to get a wise and mature friend's opinion.

The wisdom to know the difference comes from awareness and being honest with yourself. When something is beyond your control, do you still worry about it? If so, you

are wasting valuable time. In fact, wisdom is not worrying about anything because if you can do something about it, you need to get busy doing that something and not just worrying such as in the case of a natural disaster. But if it is completely out of your control, leave it alone unless it is in the case of losing a loved one in death.

Speaking of wisdom, when someone loses a loved one many people don't know what to say to them. A word of wisdom from someone who has experienced this is that a grieving person loves to hear stories about their loved one or what qualities they had that you admired. They usually love to get pictures of their loved one that you took to go along with your story. Of course, you should always offer condolences first and then when they are not being distracted by others, spend some quality time with them reminiscing about their loved one.

Of course, offering to help out is always appreciated but instead of offering food or money, do something that they need that you may see around their home such as mowing the lawn, cleaning out the garage, washing windows or whatever. One of the most appreciated gifts I received when my husband died was a CD with songs from the late 70s. It touched my heart as I listened to those tunes that were popular when we met.

Is there any changes that you need to decide whether or not they are a good idea?

If so, list the pros and cons of making that change.

Chapter 9: When Changes are Truly Difficult

There are times when it is difficult or impossible to make changes. Sometimes making changes can be put off until things are different but sometimes we become guilty of procrastination because we don't want to face the need to make certain changes. Of course, there are times when you are not able to follow through with a change but even though you can't make the change at that time, you can still make plans for it and then carry out the action at a later time. We will cover the following times this may happen:

- When unexpected events or trauma happen
- When you have regrets from the past
- When you suffer from health issues
- When recovering from an addiction
- When you don't have enough self-esteem
- When trying to change for someone else
- When trying to change your mate or other significant person in your life

Difficult Changes

When Unexpected Events Happen

The most difficult changes are the **unexpected!** The first thing you need to do is ask, "Is this something out of my control?" When serious events happen, such as losing a loved one, a natural disaster, or severe health problems, there isn't much you can do except deal with the immediate things that are happening, or perhaps discuss it with friends and family, grieve when needed, and then eventually accept what happened.

In the case of a natural disaster, you will have your hands full cleaning up or repairing but after that the only thing there is to do is to start over, if needed.

If the unexpected is something like losing a job, that is something within your control because you can find another one. Losing a loved one can be one of the worst to accept and adjust to. Getting encouragement and help from family and friends is most important but if this isn't available to you, reach out to support groups in your community or online.

You can also use my 10-step plan to start over after unexpected events happen—just keep reading and may you be blessed with something that will comfort you.

What unexpected changes have happened to you?

What helped you get through them?

When You Have Regrets from the Past

Sometimes regrets can be so overwhelming that we miss out on chances of happiness. Living with regrets from the past is worse than worrying about the future but they're both a waste of time and energy. Since we cannot go back and change the past, what is the point of thinking about it? [Here is a little exercise you can do to get rid of those regrets:](#)

- Write out regrets on slips of paper and fold up
- Put each into a balloon and blow them up
- Let balloon drift away into the sky as you wave goodbye to regrets forever

If you worry too much, try writing the worries down on slips of paper and then destroy them somehow...maybe at a bonfire with friends or a fireplace. Or some people put them into a box that they call their prayer box as if giving them to God. I have done that and it's rather fun to realize when one of those prayers get answered and then you can take it out of the box and destroy it. Even if you aren't a worrier, this is a good practice as it frees you from any concern because it's like giving them to God. And the rule is that you cannot worry about that certain thing you put in the box and if you do, you have to take it out and write a new one because it's just like taking it back.

[Do you have any regrets to get rid of? If so, make it a goal to plan on doing as outlined above.](#)

When You Have Serious Health Issues

Maybe you had an accident and now deal with chronic pain or perhaps you have a chronic condition such as arthritis, fibromyalgia, asthma, diabetes, anxiety, etc. Maybe you think your life is over now and your dreams are no longer attainable. But just maybe some dreams you planned can be adjusted for your condition and are still attainable. Maybe your condition can improve.

Keeping up with the latest research about your condition could reveal new treatments. Do not give up hope even when there doesn't seem to be any. Sometimes we do have to

accept our condition in order to get on with our life but this does not mean you need to stop seeking medical services that could help you accept it or improve it.

Perhaps you have major health issues and there seems like nothing can help you. I used to think that when I was first diagnosed with diseases that cause chronic pain. When you're first diagnosed with any disease or condition that may be chronic or even terminal, you first need to get over the shock of it but then you should consider getting some type of support by doing research, joining support groups, speaking your doctor or to a therapist, etc.

My condition is worse than it was some years ago when diagnosed but I'm still the positive person that I have always been and I have created tools to counteract the negative feelings. I tend to forget about those tools sometimes due to my memory getting bad but I keep videos and photos on my computer in a folder for those days when I start to feel sorry for myself. I also have a "Comfort Box" that I keep things that have encouraged me in the past such as cards from loved ones, photos and souvenirs of fun times, and things I can do to distract me such as butterfly adult coloring books.

Everyone has days of being down and if you can find tools that help you come back up you will discover that those rainy days can become a blessing as they allow you to rest and build up your strength to face another stressful day.

Do you have a 'comfort box' or something similar?

If not, find a box about the size of a shoe box and cover it with wrapping paper or magazine pages. Decorate it however you want.

What type of items can you put in it that would help boost your spirits?

Set goals to make changes that may be of help to your health.

When Recovering from Drug Addiction

Recovery from drug addiction takes a great deal of courage – it's like a step into the unknown. Drug addiction includes alcohol, street drugs, narcotic, or controlled substance prescriptions. Many changes are needed in order to beat the disease of addiction and it can't be done alone. Managing withdrawal symptoms and developing coping skills is possible with the right recovery plan.

If the addiction is to prescription benzodiazepine tranquilizers, going to this website can be very informative on how to come off of the drug so that withdrawal is not so

severe... www.tranquilizerfree.com. On this website there is a report that is about how to help someone go through withdrawal that I was honored to help write. It is about how a caregiver can help the recovering addict by not expecting too much, giving more love, not judging, and giving positive behavior reinforcement. The report is very helpful for caregivers or loved ones.

Have you or someone you know ever been or is now addicted to a substance?

What change came about that helped them or you?

When You Do Not Have Enough Self-Esteem

Excessive focus on negative or less favorable events in your life can make these events seem too important because they are out of proportion. Trying to do things perfectly and then feeling negative about yourself when you fail defeats your intentions. Putting yourself down and wishing you were better only lead to your unhappiness and discontent.

Calling yourself “stupid” or other derogative names reduces yourself from a human to a single element of what you do not like – you are worth much more! Making changes because others want you to do not help your self-esteem. When you make them for yourself, you give yourself a building block for self-esteem and getting to know yourself better.

Is there a name you call yourself when upset or frustrated?

If so, right down some names that are just the opposite in big letters and put them on your mirror. Practice saying them to yourself every day.

Chapter 10: Build Self-Confidence to Help Make Changes

You can learn how to build self-confidence by practicing too. Use this exercise to practice building up your self-confidence so that planning and making changes will go better.

List your positive attributes for 4 weeks:

- In the 1st week, display 2 on a wall
- Add one or two every week & display
- Reflect on them daily thinking of ways you can show off your positive attitude.

No matter how insignificant they may seem, each attribute is a reason you are worthy of loving yourself. It will also help to leave the negative people behind and surround yourself with positive people who are encouraging.

Change for the Right Reason

If you change for someone else, you will eventually resent them and be unhappy. If someone is forcing you to change by intimidation, manipulation, or abuse, you really **must** make a change as soon as possible – immediately is even better. I mean that you need change by getting away from a person who forces you to become different than who you really are because they are normally referred to as a control freak and can become an abuser so the best policy is to leave the situation and if you are the least bit afraid of the person, leave without an explanation.

When someone says “You’ve changed” it simply means you’ve stopped living your life their way. Graciously say “Thank You!”

Doesn’t it bug you when someone tells you they need to change their hair or the way they dress or a number of different things because so-and-so doesn’t like it the way they have it? Why do people want to change people? Don’t they know it doesn’t work? If they do change for them they have lost their individuality and given away their control over to someone who is most likely a control freak. Beware of that!

If anyone in a new relationship asks you to change, it’s time to run!! You are the one to decide what you want to change so be yourself and don’t mind what others say because when you are yourself the right people will notice and want to be around you. The only person you may want to change for is God. He wants you to put on that “new personality” which just means to stop those undesirable habits that are hurting you.

That's not the same as changing who you really are for a boyfriend or a spouse if you're unfortunate enough to have married a control freak. If you have married someone who is trying to change you, don't be too hasty in refusing them. I only say this because I was married to an abuser who was the sweetest guy when I first knew him. You need to know how to approach this type of person as to not set them off. Don't think that you can change the way they are either (more on that in next heading).

You won't be able to change them but you can change yourself so that you don't continue to be an enabler of abuse because that is exactly what you will become. I know because I've been there; however, it may be best to talk to an expert on dealing with this type of relationship. One good source to find out more on how to keep away from control freaks (men or women) is at <http://lifelinecounselingservices.org>.

Have you had any experience like the above? If so, what were the results?

Trying to Change Someone Else or Asking Someone to Change You

If you're not happy with someone you love, do you try to change him/her? Or are you in a relationship because you want them to help you change? In either situation, they or you cannot be changed by someone else – it is just not going to happen so why waste time trying? Even if you know someone that totally needs to change their life and you have their well-being in mind, they may see you as being selfish or controlling if you try to change them and they will resent you.

You'll find it to be impossible to change someone the way you wish they would be because it isn't your decision to make. They must change for themselves!

Have you ever tried to change someone? Did it work?

Chapter 11: Fear or Lack of Motivation

Even though some of the things we've covered may be a bit frightening and keep you from making changes as soon as you want – that's OK! The important thing is to NOT give up!

Helen Keller was a wonderful example of not giving up. She once said, "Do not think of today's failures, but of the success that may come tomorrow. You have set yourselves a difficult task, but you will succeed if you persevere. Remember, no effort that we make to attain something beautiful is ever lost."

Hope can chase away your fears. Replacing fear with hope of success can be very powerful. It can even reduce panic attacks. There is a quote from Willaim Gurnall that explains hope. He said, "Hope fills the afflicted soul with such inward joy and consolation that it can laugh while tears are in the eye, sigh and sing all in a breath."



Failure is Impossible if You Try

What if you fear making changes because you are afraid of failure? You are not going to fail if you try – if you get through just one step toward your goal, you have not failed. Start out with small changes with a small number of steps to take...make it something people will notice. When people notice, it may motivate you to make more changes and maybe even motivate them to make a few too.

Getting Motivated

If you need some help with motivation try some of these suggestions:

1. If it's hard to find time to work on several goals, set just one goal that leads to the big one. When that is done, set one more, and so on.
2. Find inspiration from others who listen and encourage or from something fun or awesome that you may have never done but always wanted to (such as hiking in

the mountains). Sometimes something physical done in a beautiful environment can trigger the release of a motivation.

3. Get motivation from media (movies, music, videos) – for example, search for songs that talk about change such as Michael Jackson’s *Man in the Mirror*, David Bowie’s *Changes*, Jennifer Hudson’s *I Am Changing*. My favorite is Taylor Swift’s *Change*. I learned the words and would sing it over and over to get me going.
4. Don’t give up on it – motivation comes and goes so it will come around again – be patient with yourself.
5. Think about it in a positive way – don’t beat yourself up for not getting going but it helps to keep reading blogs or articles about the subject of your change and then contemplating how you will do certain aspects of it. If negative thinking comes, kill it as soon as you can.
6. Is your goal something you could compete with a friend on? If so, recruit a friend to compete in the same goal and work as a team. This is why losing weight works better with a buddy.
7. The buddy system works too even if not competing. Just have a friend call you and encourage you along the way.
8. Another buddy system trick that I use with my husband is to ask him to do me a favor that is part of my goal. Reverse it and have him ask you to do a favor.
9. Make a list of the bigger goals you would like to do in your lifetime. Read every morning and remind yourself during the day that you need to start on the smaller goals in order to complete the bigger one.
10. Make a list of objectives to the bigger goal (reasons why you want the goal).
11. Try starting by doing one item on a small goals list.

Keep a record in your notebook of which ones you tried, how it worked, and if it was successful.

Chapter 12: Look at Changes as Opportunities

My Mom used to tell me, “The only way to get rid of those butterflies in your stomach is to face your fears!” You can stop the butterflies from turning into big knots by looking at those necessary changes as opportunities to better yourself. And that’s not to say that you are not a beautiful person now – it’s just that you have endless opportunities to make your life as beautiful as you are.

I call it “endless” opportunities because you will be surprised how once you start making changes for the better how you can get a bit addicted to making changes. I know this may sound ridiculous but I have found it to be true because positivity can catch on like wild fire.

For some people who have a tendency to be negative, this seems unrealistic but if you can get them to make just one successful change, just watch and you may be surprised to see them take off with more and more changes. This is especially true of someone who is afraid of failure or has had low self-esteem for years and then discover that making changes for the good builds their self-esteem up and they want more and more.

You can be like a butterfly or watch someone be like a butterfly during the stage right before the pupal transformation into a butterfly as different body parts come together to form the full-grown adult butterfly that will spread its wings and fly. I don’t mean this literally but say this because some people and especially teenagers may discover that when they make changes that others can see and compliment them on, it stimulates them to continue making more changes that stimulates their self-esteem as it continues to encourage them and they feel like they can become whatever they want to be. If you have had the opportunity to watch this process, it is what I like to call the “Magnificent Metamorphosis!”

Getting Ready to Change Can Take Longer than the Actual Change

Our minds are capable of quick change but our emotions are what hold us back thinking about how to do it or worrying that we can’t do it. In order to convince your emotions that they too can take the change, you **MUST** change your beliefs and you **MUST** believe that you alone are responsible for making the change. Self-talk is so important in making changes. **The below exercise is to practice ten times a day:**

I need to _____ (name the change)

I **MUST** _____(name the change)

I **MUST DO IT!** - No one else can do it

I **CAN DO IT!** - BECAUSE I WANT TO CHANGE

Chapter 13: Start Small with Positive Changes

Before you get to the main part of this book for making changes like a butterfly, you can learn how to plan and make changes by practicing with small things first. Use this exercise to practice setting a goal and then carrying it out.

Take positive steps with small changes:

- Day 1: Think of a small change to make that will make you feel better about yourself (such as changing your hair color, or change a habit like video playing to reading)
- Day 2: Write detailed steps it will take to make the change and reflect on them for the next two days
- Day 3: Go over the steps in your mind and whenever you have negative thoughts about it, review the written steps needed and modify as needed
- Day 4: Calmly go through the planned steps and make the change

Even if it doesn't turn out just how you wanted it, congratulate yourself and celebrate by giving yourself a small gift of something you've wanted for some time.

Repeat these steps again and it will help you prepare for that bigger change!

Remember that your change won't happen without preparation, persistence, practice, and pain, which is known as the 4Ps. Put a big PPPP on your mirror or on the wall to remind yourself.

Did you carry out the above exercise? If not, please do it.

What were the results?

Turning Negative into Positive

When having a bad day and being positive seems impossible, here is something that may help...

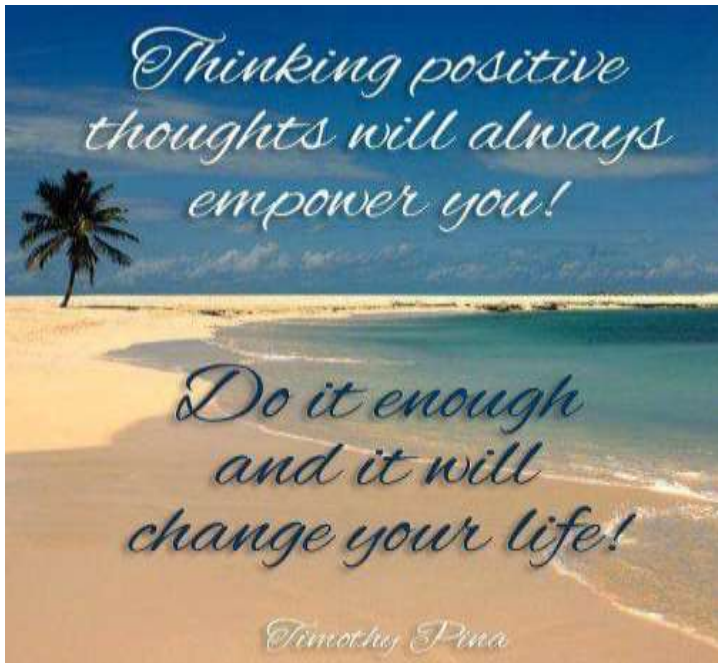
Go to grocery store (or take a walk in your neighborhood) and look for someone that needs help. The elderly are usually easier to approach.

- Ask them if you could help carry their bags or be helpful in other small ways
- Be friendly making positive small talk as you help them

- When you get home, write in journal how you feel now

Do you notice your day became a bit more positive? Or maybe a lot more positive!

Even if you consider yourself a positive person, on a day when maybe you feel a bit down, I want you to do the above exercise and then write how it made you feel after helping someone.



Chapter 14: Visual Helpers of the 4 Stages of Change

The caterpillar can change to a beautiful butterfly without planning because it goes by instinct. We don't have instinct but can plan and change to be the best we can be by using the example of the butterfly's four stages. This works best for changes that are big life changes, not smaller less important ones.

Be like a butterfly by going through the 4 stages of change:

1. **Egg** - planting seeds of change
2. **Caterpillar** - meditate and plan
3. **Pupa** - taking action
4. **Butterfly** - maintain the change

What do we have that can be likened to instinct?

Chapter 15: The 4 Stages of 10 Steps to Help

The ten steps to help you make changes come under four different categories so it was somewhat fitting to use the four stages of a butterfly's life as those four categories of the egg, caterpillar, pupa, and butterfly. Each stage has two or three steps and each will be explained.

Stage 1: Egg – Planting Seeds of Change

Step 1: Laying Ground Work

Step 2: Be Willing to Grow and be Responsible

Stage 2: Caterpillar (or Larval Stage) – Meditate & Plan

Step 3: Slow Down and Reflect

Step 4: Make a Plan of Action

Stage 3: Pupa (or Pupal Stage) - Taking Actions to Change

Step 5: Your Cause gives you Motivation

Step 6: Identify Doubts & Prepare

Step 7: Put Planned Change into Action

Stage 4: Butterfly – Maintain the Change

Step 8: Have the Right Expectations

Step 9: Maintain the Momentum

Step 10: Celebrate the Change

Stage 1: The 'Egg' – Seeds of Change

By using the example of the butterfly's first stage of the egg, which can also be thought of as a seed, we plant the seeds to make a change. The planting of seeds are the first things you should do to get motivated to continue with more steps leading to your goal.

I call this the egg stage because when you're thinking about what changes you want to make, you are actually planting seeds (or eggs) that you hope will grow into action toward those changes. The coolest thing about butterfly eggs, especially monarch butterfly eggs, is that if you look close enough you can actually see the baby caterpillar growing inside of it. Just like those inklings of wanting to change. But unlike the butterfly that can't stop the cycle of growth, you have a choice to take the next steps

toward change or not. Before you change your mind, keep planting those seeds of change.

The best way that I have found to plant seeds is to make a list of all the tools you will need for your change project. Some items you will most likely already have and others shouldn't cost much. Here are some of the tools or supplies that I suggest getting:

1. A large whiteboard (or board made of cork or cardboard)
2. Whiteboard pens/erasers (or markers, stick pins or tape)
3. Sticky notes of different colors
4. A poster board (\$1.00 at the Dollar Tree)
5. Several magazines to cut out pictures/titles of your dream/goals
6. Notebook or journal
7. Scissors and glue

Step 1. Laying the Ground Work

Project Managers and planning committees use this tool a lot. I call this kind of board a 'Change Board' but they are known as whiteboards or a dream board. I'm not sure

there is such a thing as a 'change' board, so you may not be able to find one in an office supply store but you can make your own. Hang the whiteboard and poster up next to each other in plain sight. On the poster board (or cardboard), you



can place pictures from magazines, photos, titles, or anything collected that is about your goal or change you wish to make to keep you reminded of what you are striving for. The poster isn't that necessary to do but sometimes it is a great motivator to get you moving on setting up the Change Board.

Draft steps for your most important goal first. In your notebook, make a flow chart that depicts drafted details of the steps and each box should have a tentative date. Then from your notebook, write each detail of each box on a sticky note for your Change Board. Being on sticky notes, you can add, change, or delete steps as you see fit. Hang where you can see clearly from your bed. Read each aloud when you wake. Read each one out loud before going to bed.

Step 2. Be Willing to Grow and Be Responsible

If you aren't willing to change, then nothing in this world can make you do so. Like a child you can believe in your dreams again. Dreaming is like playing and is part of growing whether you are a child or an adult.

You may be willing but are blaming people for bad things that happened or you may have other excuses. Being responsible is something that only you can do in order to make changes. Even though you can get help from family or friends, it is ultimately only you who can plan the steps to a change in your life. If you're not sure how to take the leap into responsibility, the next step should help.

Willingness is essential. It's your life and nobody can change it but you. No matter how good your life is, it can always be improved. On the other hand, don't feel hopeless if your life doesn't seem reasonable right now. You can always change for the better.

Don't blame your family, friends, boss, or the economy. Whether your life is good or bad depends on you and you alone. After all, it is you who takes the credit when all goes well.

Responsibility is to ourselves and to anyone affected by this change. If your family could be taken by shock due to this change, give them a heads up beforehand. If children are involved, you may want to consider some type of therapy for the family.

All change is hard at first, messy in the middle, and glorious at the end!



Stage 2: The 'Caterpillar' – Meditate and Make a Plan

Step 3. Meditate & Reflect

Slow down and make room for change. It has been said that half of what it takes to make a change is awareness. Reflection means to meditate on what you are aware of that you want to change. I don't mean the kind of meditation you do with legs crossed on the beach with an empty mind. It is a way of contemplating how to take into consideration all aspects of your anticipated change, such as financially, emotionally,

physically, spiritually, or anything else significant. Whatever comes to mind, write it down and prioritize it in your notebook.

You are at the crossroads of the same old stuff and you will be turning down the road of change. It may be sending you in a different direction in your life so don't rush into it...take the time to reflect. If you're a spiritual person, praying and reviewing the Scriptures before you make major plans and as you move toward your goals is wise as it will help you decide what's best for you.

Take time to think and reflect on each goal. If you have done this once, do it again. When you're busy with unimportant/important things, there is no time to think about your goals. If you have not done this, you **MUST MAKE TIME** to reflect on what goals will be best for the changes you are making. A good time to do this is right before going to sleep so your brain will have something productive to work on while you're sleeping.



Step 4. Get Ready and Make a Plan of Action

Get Ready! Gather all notes, drafted steps, reflections, and research and write a plan. Make a detailed checklist of everything you can think of that will help you reach your goal. You will most likely add more as you get closer to carrying out your plan.

There is a business saying that applies here too – “People don't plan to fail. Instead they fail to plan.” In the business world, a Plan of Action is usually called an “Action Plan” and is usually part of strategic planning that a business does to make sure the organization's vision is solid. It describes the way the group will use its strategies to meet its objectives.

Like an Action Plan, it should be as detailed as possible depending on how complicated the change you are planning is and how long it may take. Pick a tentative date as your “go date” or day of action. You can always change it but try not to change it once you get all the planning done.

Stage 3: The 'Pupa' – Taking Actions to Change

Step 5. A Cause Gives You Energy for Motivation

You've come a long way but if you don't have the motivation to continue, your change will not happen. Determine what matters to you the most (how change will help you or perhaps your family). This is the source of energy you need and your motivation.

Review the list of things that motivate you that we worked on in the beginning. Write your cause on your change board.

Step 6. Identify Doubts & Prepare

Do this for a few days before the big action day. Write a list of things you tell yourself that are not true but have been habit, such as “I can’t,” then think of the opposite positive words to replace doubts and repeat out loud in front of a mirror for 10 times each.

Think of words that are empowering and positive to replace it with. Do it whenever you realize that a limiting belief is at work. Talk back to that parent or whoever made you feel doubt and tell them what they say is not true and you refuse to listen to them anymore.



This will prepare you for confrontational conversations you may need to have and will boost up your self-esteem.

Step 7. Put it into Action

You’re now ready to go through the steps of your Plan of Action. Take a deep breath, relax, and go....

Depending on what you are about to change, it can be very nerve-racking and scary to do. If you need some help to get going, don’t feel bad if you may need to talk to your mentor or friend. Remember that you have put a lot of work into planning for this so you can’t let your best friend (YOU) down. Also remember that even if the change doesn’t go as you want, you put your all into it and failure is not a bad thing, it’s just stepping stones that need completing.

Stage 4: The Adult Butterfly – Maintain and Celebrate

Step 8. Maintain the Right Expectations

Things may not look as beautiful as expected and you may get discouraged if things don’t go as expected. If you got any part of the plan done, you have not failed. It helps too if you don’t set your expectations too high in the beginning. Tell yourself that if it doesn’t work the way you expected that you will simply go back and refine the steps and try again. Remember it takes 4Ps! Preparation, persistence, practice, and pain as well as discipline may make you feel like being back in school but that’s OK because life is meant to be a continuous classroom and without that, life would be rather boring.

Step 9. Maintain the Momentum

Beginning may be the hardest part but maintaining the momentum by continuing to do as planned takes the most discipline. Check off the steps completed on board to help motivate you to complete all steps and to keep maintaining the change you've worked so hard to make. Part of your final plan could be to mark your calendar to check on how the change is going every month for six months to a year. I have found that when you do this, you may think of other changes you need to make in order for this change to be completely successful.

Step 10. Celebrate/Embrace the Change – You did it!

Do something special after the completion of your change...buy yourself a gift. Give yourself a certificate of achievement and hang on the wall. Savor the moment! You have earned your butterfly wings!!

You have now accomplished a Magnificent Metamorphosis!

Chapter 16: You Now Have Wings

When the adult butterfly first emerges from the chrysalis, both of the wings are going to be soft and folded against its body. This is because the butterfly had to fit all its new parts inside of the pupa. It will rest for a while and then pump blood into its wings in order to get them to work. They will test them by flapping their wings a few times. Within three or four-hours, the butterfly will be able to fly and will be ready to find a mate in order to reproduce. It seems like they are in a hurry but actually they don't have much time since the typical lifespan is just a few weeks.

You may not go looking for a mate after making your change but the idea is that you are different now and you deserve a break.

There is a story I like to tell about a caterpillar who transformed into a butterfly but the other caterpillars kept noticing how weird she looked to them. They asked her to change back into what she always had been, a caterpillar. But why would she want to do that? She had wings now!

So just as this butterfly, you may have people think of you as different and even a bit strange because you finally were able to change something you have wanted to do for a long time. Some friends or family may be telling you that you shouldn't have changed.

All you need to do is tell them you have wings now so you do not want to go back to the past—it would be like going backward. Don't let anyone persuade you to go backward.

Embrace the changes and remember it may take time to adjust to them. Keep your Change Board up to remind you for a few weeks or until the change is a habit and part of you. You can leave the board up to use it for the next change in your life. Now that you have the process down, the next change will be much easier.



Have you ever had anyone discourage you from a change?

What did you do?

Chapter 17: Succeed Like a Butterfly

Now that you have finished planning and managed to change something, keep growing making changes as needed. You will soon be embracing change, letting the past go, coming out of your cocoon, unfurling your wings, daring to get off the ground, and riding the awesome breeze of change as you spread your wings like a butterfly.

IT IS ALL UP TO YOU!

The butterfly's metamorphosis inspired me to write the following poem while I was in the process of changing my career from an administrative type for Corporate America to working for myself as a freelance tutor and then later as a virtual assistant/writer. I feel like it sums up my book well and leaves you with something to remember me by.

Be Like a Butterfly Poem

Just as the butterfly goes through stages to succeed in life,
we are also meant to go through many stages, even strife.
Struggling through each change allows us to emerge wiser,
so we can spread our wings and seek ways to help another
who is searching for knowledge and truth, praying for many a need.
Only when we pollinate others with our knowledge, do we truly succeed.
God gave the caterpillar instinct that allows it to change & take to the sky.
May you succeed by making life's changes like a wise beautiful butterfly.

Another thing I love about using the butterfly as an example of change is that as a monarch butterfly advocate, I always look for ways to let people know about how the monarch is headed toward extinction mostly because man decided to make a change in crop production. It could have been a good idea at the time but now it is backfiring and many of our pollinators such as the monarch and the bumble bee are dying off. It is mostly because the pesticides are killing the milkweed plants that the monarch females lay eggs on and that the caterpillars eat while growing up but there are many other reasons. There are ways to help save them and if you are a butterfly lover like me and want to know what you can do, read my eBook called Monarch Butterflies 101 on sale at Amazon.com.

Remember, I asked you to answer the questions? I did that for a couple of reasons. First, it's an old habit being the former teacher that I was to help my students learn by

thinking beyond the textbook. Secondly, I hoped that it would get you involved early in the book so that when it came to doing the planning and setting goals, it may come more naturally.

Do you think it helped? Whether you think it helped on some level or not, you should be proud of yourself for doing it!

Congratulations!! **What a Magnificent Metamorphosis!**

In the beginning, I asked you to write in your notebook if you think this book will help you and why or why not. I would love it if you could take the time to send me an email on my website (shown below) to answer these last questions:

1. Did you benefit from my book? (explain why or why not)
2. Did you try out the process using all of the 10 steps?
3. Do you have any ideas on how to improve it?

Thank you!

Have a Butterfly Blessed Day,

Jessica Dumas

<https://thebutterflyconnection.simdif.com/> or www.jessicajdumas.com

Appendix: Resources/References

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cope-anxiety