

# **Embracing Change: A Three-Stage Journey to Learning and Success Presentation**

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In my experience, I have come to realize that all learning involves a series of steps. With all new learning there needs to be an incentive.

**An incentive to focus on the solution, not on the problem.**

A motivation and a desire to not give up. Not give up even in the face of discouragement, despite what may not make sense, now.

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## **What I Discovered**

My process in learning and change has been defined by three distinct stages. And in the process, I learn to succeed a little at a time by not giving up.

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## **1st Stage**

I first have to first become aware that change is needed. Having awareness does not necessarily mean that I am willing or able to address what needs to change. Awareness slowly grabs my attention until I find myself unavoidably faced with reality. The reality that if nothing changes, it will remain the same.

**“Courage is not the absence of fear, but rather the judgement that something is more important than fear.” Ambrose Redmon**

**“Decision is the spark that ignites action. Until a decision is made, nothing happens.... Decision is the courageous facing of issues, knowing that if they are not faced, problems will remain forever unanswered.” Wilferd Peterson**

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## **2nd Stage**

The next stage in the process of learning is acceptance. As I move into the acceptance stage of change, I learn, I begin to grasp what my awareness wants to teach me. When I enter the acceptance stage of learning, incentive motivates my desire to look for solutions. My desire to do something different increases. Through embracing my need for change, I am motivated by my awareness and acceptance.

**“We must be willing to let go of the life we planned so as to have the life that is waiting for us.” Joseph Campbell**

**“Though no one can go back and make a brand-new start, anyone can start from now and make a brand-new ending.”  
Carl Bard**

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## **3rd Stage**

The final stage in the art of change involves action. When my awareness and acceptance increase, so does my willingness. My willingness to use my power of choice. The power of choice to get different results in my life. When I get to the point of being sick and tired of being sick and tired, I am given the motivation to do something different. I become willing to look for solutions to get different results.

**“Nothing is a waste of time if you use the experience wisely.”  
Auguste Rodin**

**“Nothing in the universe can stop you from letting go and  
starting over.” Guy Finley**

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### **As I stay committed**

As I stay committed to practicing the art of change, my circumstances become tutors in the school of life. Learning becomes the vehicle that empowers my process. My learning process, through the power of change, points me in the direction of my purpose and destiny. As I am ushered to my purpose and live in my destiny, change becomes my friend, instead of seeing change as an adversary and a foe to fight against.

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**“Not everyone will understand your journey. That’s okay.  
You’re here to live your life, not to make everyone  
understand.” Banksy**

**“Don’t quit. Never give up trying to build the world you can  
see, even if others can’t see it. Listen to your drum and your  
drum only. It’s the one that makes the sweetest sound.”  
Simon Sinek**

**“You may be the only person left who believes in you, but it’s  
enough. It takes just one star to pierce a universe of  
darkness. Never give up.” Richelle E. Goodrich**

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