

## Planning for Change

Planning for change requires us first to identify the situations with which we are dissatisfied - for each situation, ask yourself - what is it like, what does it look like, feel like now?

Then we need a clear picture of how we would like it to be different in the future. If it were as we wanted it to be, what would it look like and feel like then.

Vivid and accurate descriptions of both the present and future pictures will help you to manage the change between the two. What are the things I can do to make my future picture happen? If I can't do it alone, who else can I involve, how can I begin to influence the situation?

**NOW ⇒ ACTION ⇒ FUTURE**

People often have different strengths in these areas - some are particularly good at seeing visions of the future but find it difficult to come back to earth and analyse their present problems, whilst others can see their current difficulties easily but cannot decide how the future should look. Getting both pictures clear is important for making plans to bring about the change from the present picture to the future vision. Actions need to be taken and specific plans made to make them happen - who should be involved, how will we do it, where, when, what do I need to do?

It would be very easy to think of all the reasons why you can't do anything about the way things are. The fact is that you *can* do something to change the way things are *if* you choose to.

The choice and the challenge are yours.

ACTION WITHOUT INSIGHT	=	CHAOS
INSIGHT WITHOUT ACTIONS	=	FRUSTRATION
INSIGHT PLUS ACTION	=	EFFECTIVE CHANGE