

7 Steps to Fostering Change in Your Life

01

IDENTIFY CHANGE IS NEEDED

When you identify that there needs to be an adjustment in how you navigate the space you are in, you are taking an important step for change

Identifying the benefits to your life when this change occurs is a great motivator. See yourself in this new space.

02

RECOGNIZE THE BENEFITS OF CHANGE

Don't be afraid of being open to change and being vulnerable; this shift allows the Holy Spirit to walk along side you and to be your guide.

03

OPEN YOURSELF UP FOR CHANGE

Don't rush into the change; it took some time for you to get where you are and it will take time to move from where you are to where you want to be.

04

TAKE IT SLOW

05

WHATS YOUR SOA?

Making your goal into steps of action (SOA) becomes less overwhelming and more manageable; this will prevent you from retraction.

Seek support from those who will keep you accountable to your SOA; those you trust their guidance and wisdom concerning you.

06

USE YOUR SUPPORTS

07

USE YOUR VOICE

Life and death are in the power of the tongue; you have to encourage yourself at times through scripture, affirmations and taking control over negative thoughts.