

# PROACTIVE TRANSFORMATION: PURPOSEFULLY CREATING A NEW YOU

## 8 Key Ways to Transform Yourself

In proactive transformation, we're at a place that's safe and comfortable at that moment and major life changes aren't immediately required, but that's not a satisfying place for us anymore.

### EXPLORE ALL OF YOUR IMMEDIATE OPTIONS

Immediate options generally include things like your skill set, your finances, your contacts and social links in life. These can be springboards to the new you. Think of these as assets you already have to dedicate to your renewal.

### GET A COACH OR MENTOR

These sources can be people who are knowledgeable or experience with the subject matter, profession, hobby, whatever it is that's appealing to you.

### EXPERIMENT

Trying new things, like continuous learning, experimentation exposes you to a whole new world. Experimentation also helps you take risks, which is important for stretching you beyond your current capabilities.

### SET YOUR PRIORITIES

You won't be able to accomplish everything you need to all at once when transforming yourself. Decide what is most important, and work on that goal first. Prioritize your most-needed or important goals and new habits first so you can make the most from your change process.



### IDENTIFY YOUR PASSIONS

What do you value? What gets your engine running? If you could make a living at a hobby, what would it be? Getting a handle on what you enjoy and what you love to do, how you love to feel, and whom you love to be around lets you set some big, broad goals.

### ASK YOURSELF...

"What do I need in my life now? What do I want? What's missing?"  
Dig deep. Proactive transformation tends to arise out of a sense of dissatisfaction about where we are in life or even who we are. We may only know that we want something different.

### CONSIDER THE UNKNOWN

The unknown is scary, but it can also lead to some great discoveries. There are two big sources of it, the unknown in the external world and the unknown inside of you. Let the possibility of change flourish in you.

### LEARN TO LIVE WITH FEAR

Transformation requires embracing uncertainty. It means getting comfortable with discomfort. Doing new things, trying new ways to be is scary! Allowing fear to stop us from changing is always the biggest block to proactive transformation. Always.

Find more resources at  
[www.thenolimitslifecode.com](http://www.thenolimitslifecode.com)