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## Succeeding at Change

Fall is a very busy month in the fitness industry. I think a lot of people equate this time of year as a “new beginning” and a chance to either re-think, tweak or completely change their diet and fitness programs.

However, with that said, this is also a common time of year for people to change a variety of other things in their lives too. Be it a change in career, a change in a behavior, a relationship, or figuring out how to get “unstuck” from whatever present course is bothering them. Move over January, Fall, it seems, is the new darling for change.

Sue Jordon, a professional coach in the Ladner area, sees people all the time who are seeking change. She says that most of her clients hire her because of this feeling of wanting more, as well as less, of something in their lives. She calls it the push, pull syndrome. We need to push away the bad and pull in the positive.

If you are looking for change in your life, Jordon recommends seeking results through discovery, awareness and choice. Once you pinpoint what you would like to change, (be it your body weight, your relationship with your spouse, kids, co-workers) you can then set in motion the course of actions needed to reach your end goal. But first, you need to identify and become aware.

Yet, it isn't always that easy, is it? Change is very hard and it can also be scary and intimidating as well. Jordon says that a lot of people she sees who feel “stuck” in life are feeling that way because they have buried their dreams and desires.

Jordon suggest that we look within ourselves for the answers to whatever is bothering us. We know ourselves far better than anyone else and the answer is usually lurking under the muddy waters of our subconscious.

Jordon acknowledges that change takes courage, as well as time and honesty and hard work. As a coach, it's her job to connect the individuals with themselves and to help them stretch their limits. In the end, though, change can only come from one source – you.

Jordon offers these tips to help begin your journey towards change. But remember, once you make a pact with yourself, the simple act of committing will allow you to be triumphant.

### ***Tips & Tools To Succeed at Change***

1. Not making a choice is a choice, so Jordon asks you - what do you choose?
2. Be kind to yourself – look at setbacks, or challenges, with curiosity versus with criticism and see what that reveals for you.
3. Everything is not all about you or impacts you. That’s an excuse - realize that nobody woke up this morning just to mess with your world.
4. Love yourself firstly - if you cannot give love to yourself, it will not come to you from other sources.
5. Celebrate your personal successes – there are many, every day. We just fail to recognize or share them. Go ahead and be proud and more will come your way!
6. Acknowledge the achievements of others, or what you love them for, and tell them. It takes 5 positive acknowledgements to 1 negative to keep any relationship moving forward. Even a relationship with yourself!
7. Practice listening. Shut down those conversations in your head and stay engaged with the other person. This is so powerful and will enrich every conversation.
8. Ask “powerful” questions. This is a question that can’t be answered with a yes or no answer – and ask them of yourself as well, not just of others
9. Stop assuming and take responsibility for your life.

***Sue Jordon is a personal & business coach in the Delta area. She can be reached at [www.suejordon.com](http://www.suejordon.com).***