



Happy Valentine's month and welcome to the February 2018 edition of A C.I.E.A.R. Path[®] Forward. This newsletter is written for the friends and clients of Kathy Hart and ClearVision Consulting who are navigating transformative changes in their life. Each month you are provided with a monthly question, personal actions for clearing the fog, and a recommender book.

Provided at the end are links to Kathy's January Blog postings. If you have a topic you are wrestling with, let me know so it can be added and shared with our community.

Are You Making Evolutionary or Revolutionary Changes in Your Life?

I was talking with a colleague the other day about the difference between evolutionary and revolutionary change. The former is gradual, occurs over a longer period of time, and involves much less emotional upheaval. The latter happens much more quickly, and involves quite a lot of emotional upheaval.

Most behavioral change is evolutionary, and follows a classic change pattern which consists of:

- awareness
- decision to change
- agreed actions to incorporate change
- ongoing feedback on new actions taken
- continual improvement
- embedding the change into your life

An example? You realize you want to increase your international travel. To do so you need to increase the money set aside for traveling. You determine a few cost cutting behaviors, like reducing money spent on luxury items and extra trips to Starbucks. You implement your plan to improve saving, track the money saved over a one month timeframe, realize you can do even more to save, and begin to see progress towards your increased travel fund.

Revolutionary change is when you realize you want something to change, but also understand that if you don't take drastic action, in a condensed timeline, nothing different will occur. While revolutionary change can be self-imposed, it can also be imposed due to extenuating circumstances. Examples that come to mind are the loss of someone close to you or an unexpected health diagnosis.

My own self-imposed revolutionary change occurred after my husband and I had talked for several years about traveling more, on a longer-term basis. Once he retired, we continued conversation, made plans, but still nothing changed. Realizing we needed to do something revolutionary, we set a short term goal to lease our house, move our belongings, and make the dream a reality. We booked our first apartment in Ireland for a three month stay, and pushed ourselves hard to implement all the needed changes; packing and moving out of home, transferring work documents to electronic, reshaping the business, etc. Yes, we did have a backup plan in case it didn't work out. But we were so focused on the goal, and all the drastic actions entailed to make it happen, that we were confident this was a revolutionary change that would catapult us forward to a successful result.

Both types of change are necessary for achieving a joy-filled, abundant, and purpose-driven life. How do you know what type of change is right for you? Some factors to consider:

- Have you tried to make this change before and not been successful? (Think revolutionary)
- Do you want to stretch yourself beyond your typical change experience? (Think revolutionary)
- Are there a lot of other areas of your life in flux? (Think evolutionary)
- Are other people involved, especially to help navigate or support you in the change? (Think revolutionary)
- Is this a change that will require minimal or low-level of energy and effort? (Think evolutionary)

Action: Share with me at kathy@clearvisionconsult.com what evolutionary or revolutionary change you are considering in the next three months.

Clearing the Fog - Personal Actions to Initiate Evolutionary or Revolutionary Change

- **Be clear about your purpose for change:** Consider carefully both the need to change as well as why it's necessary to change. Too often I talk with people who are considering a change, but haven't thought out the "why" for the change. According to them, the change may have been precipitated or pushed by a friend or close family member. When this occurs, step back and reflect on why you (not someone else) want to move forward with the change, and how you will benefit from it. Just because everyone else is doing it, doesn't make it right for you.
- **Reflect on Successful Change You've Made Previously:** Learn from and emulate past successful experiences with change. If, for example, you've made a personal change such as losing weight in the past, think about what made that possible. How did you set yourself up for success? While this new change may be different, the "how" to implement the change is very similar. Build on your successes.
- **Enlist Support:** Regardless of whether you are thinking about a revolutionary or evolutionary change, consider who can support you to be successful. Seek out people who have done the same thing you are considering. Seek out a support team such as a meetup group, or build your own. Identify who will be your cheerleaders. And above all, stay away from the naysayers that don't support you.

Recommended Reading

What I Saw at the Revolution: A Political Life in the Reagan Era by Peggy Noonan

Ms. Noonan is the Saturday editorial columnist for the Wall Street Journal and a highly respected writer in her field. I always delight reading her column each weekend, and learn from her personal insights on a particular situation. There is a love for America the country, an understanding of all its foibles, and a care for the individual human spirit. I read her book for a political lesson, but rather to gain more insight on her as a writer and thinker. Regardless of whether you are conservative, liberal, agreed with Reagan or not, I think you'll enjoy this book. Most of you, like me, are of an age to either remember what the country was like during the Reagan years, or at least remember some of the major, pivotal moments such as the crumbling of the Berlin Wall. Ms. Noonan brings together a slice of history in which she was personally involved. She shares experiences, both good and not so good, that she endured along with the hopes, dreams, and failures encountered.

Kathy's Blog Posts from January:

- [Keep the Fire Blazing](#)
- [Be Kind to Yourself for Five Minutes a Day](#)
- [Are You a Puzzle in the Making?](#)
- [Is Your Life Journey An Ongoing Magnificent Cascade?](#)
- [Experience Joy by Cultivating a Childlike Perspective](#)
- [Making Progress by Breaking it Down](#)

New Arrival -Be sure to check out Kathy's updated website at www.clearvisionconsult.com

Kathy Hart, Ed.D. has a driving passion for human change and transformation. Her goal is to provide women in mid-life transition with the support and resources needed to re-imagine and lead even more abundant, joy-filled and purpose-driven lives. If you are a woman wanting to reclaim your voice, realize a long-held dream, or just live your life to the fullest, take concrete action by contacting Kathy at kathy@clearvisionconsult.com. The choice is yours!

Services that Kathy offers:

- **1:1 coaching to support the journey into your next life transition, whether work or personal**
- **Trusted advisor for women navigating work changes and requiring an expert guide**
- **Speaking and workshops on women in midlife transition, human change and transformation**
- **Small group work and team development to boost the group's performance**



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