

Changes



Be Like a Butterfly
10 Steps to Help You Make Changes in Your Life

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The Butterfly Connection



Table of Contents



	<u>Page</u>		<u>Page</u>
♥ Definition & what's involved in change	3-4	♥ Changes are difficult without self-love	18
♥ What does change mean to you?	5	♥ Learning to make positive changes	19
♥ Great quotes about change	6	♥ Building self-confidence helps make change	20
♥ How to know when it's time to change?	7	♥ Change for the right reason	21
♥ More signs that it's time for changes	8	♥ Trying to change someone else	22
♥ Everything changes	9	♥ Don't let fear get the best of you	23
♥ Accept the things we cannot change	10	♥ Failure is impossible if you try	24
♥ Courage to change the things you can	11	♥ Look at changes as opportunities	25
♥ Wisdom to know the difference	12	♥ Choices, Chances, Changes (the 3 C's)	26
♥ When changes are very difficult	13	♥ When you don't know where to start	27
♥ When unexpected events happen	14	♥ Start by following the butterfly's 4 stages	28
♥ Changes are difficult with regrets	15	♥ 10 Steps to making changes (part 1, 2, 3, 4)	29-39
♥ Changes are difficult with health issues	16	♥ Appendix A - B	40-41
♥ Changes are difficult with recovery	17	♥ References	42



Definitions of Change

- ♥ To make or become different
- ♥ To alter, amend or modify
- ♥ To transform or transfer
- ♥ To exchange or convert
- ♥ To switch or shift
- ♥ To mature or deviate
- ♥ To substitute for another
- ♥ A metamorphosis (as in a butterfly)
- ♥ To remove clothing and put on others
- ♥ To pass from one thing to another (as in seasons)

“To exist is to change, to change is to mature, to mature is to go on creating oneself endlessly.”

— HENRI BERGSON





What is Involved in Change?

- ♥ Change doesn't happen until your mind is ready
- ♥ Change involves changing habits that are learned
- ♥ Change involves changing inherited personality traits
- ♥ Change involves turning the negative into positive
- ♥ Change involves the ability to take stock of yourself
- ♥ Change can trigger stress and coping behaviors
- ♥ Change involves the 4 Ps: preparation, persistence, practice, and pain
- ♥ Change can come from life's pain and can also give you more pain before the change is complete



**Change can be ignited
with one idea**



What Does Change Mean to You?

Here's 6 different answers to that question:

- ♥ Change is like learning new software... the more effort you put into it the better you do
- ♥ Change is the only thing we can't avoid besides death & taxes
- ♥ Change is the only thing you can depend on
- ♥ Dreams do not come true without change
- ♥ Goals can't be reached without change
- ♥ Then there is my husband's answer...
Change is how many coins are in my pocket 😊





Great Quotes about Change

♥ “Change will not come if we wait for some other person or some other time. We are the ones we’ve been waiting for. We are the change that we seek.”
– Barack Obama

♥ “I can’t change the direction of the wind, but I can adjust my sails to always reach my destination.” – Jimmy Dean

♥ “I look in the mirror every morning and ask myself: ‘If today were that last day of my life, would I want to do what I am about to do today?’ And whenever the answer has been ‘no’ for too many days in a row, I know I need to change something.” – Steve Jobs





How to Know When it's Time for Change?

Nothing will change in your life until the pain of remaining the same outweighs the pain of change.





More Signs That It's Time for Change

1. You're not sure what your passion is
2. You're not focusing on your real priorities
3. You can't remember the last time you stepped out of your comfort zone
4. You're excessively jealous of someone
5. You're trying to be like someone
6. You're trying to change for someone else
7. You can't wait for weekends to escape your life



**Let the beauty of what
you love become what
you do passionately**



Everything Changes – Without Change There Would Not Be Butterflies!


- ♥ Just like the butterfly, if there were no changes, we would not be here!
- ♥ Struggling through changes help us emerge as better and wiser persons





Accept the Things We Cannot Change

- ♥ The Serenity Prayer is applicable to anyone needing to make changes
- ♥ Examples of things you cannot change...
 - Natural disasters
 - Past events and choices
 - Your race, culture and family
 - Another person's personality
 - What another person says to you
 - What another person has done to you
 - The law and authorities
 - Death or injury of a loved one
 - The weather (unless you move)



*God grant me the serenity
to accept the things I cannot change;
courage to change the things I can;
and wisdom to know the difference.
—Reinhold Niebuhr*



Courage to Change the Things You Can...

- ♥ Courage = the ability to do something that frightens; strength in the face of pain or grief
- ♥ The amount of courage needed depends on how difficult the change is to make
- ♥ Look for the positive in how hard it may be to make some changes
- ♥ Recruit a coach, mentor or friend that can help you stay positive and focused
- ♥ “Be courageous and strong” occurs 99 times in the Bible - reading them can help encourage changes

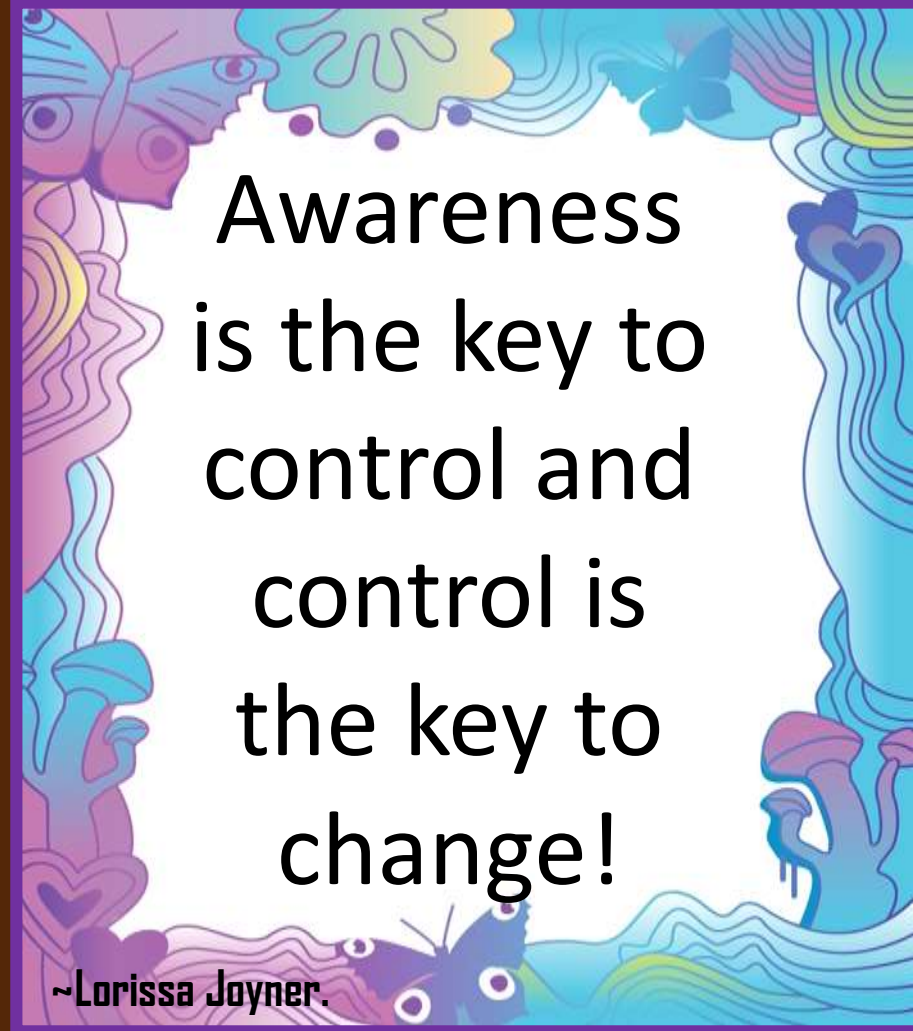


WHAT OTHER THINGS CAN YOU CHANGE?



Wisdom to Know the Difference...

- ♥ Usually you can tell the difference between the things you cannot change and the things you can
- ♥ But sometimes you can't so before jumping into doing something, reflect on it or speak with a mature friend
- ♥ The wisdom to know the difference comes from awareness and being honest with yourself



Awareness
is the key to
control and
control is
the key to
change!

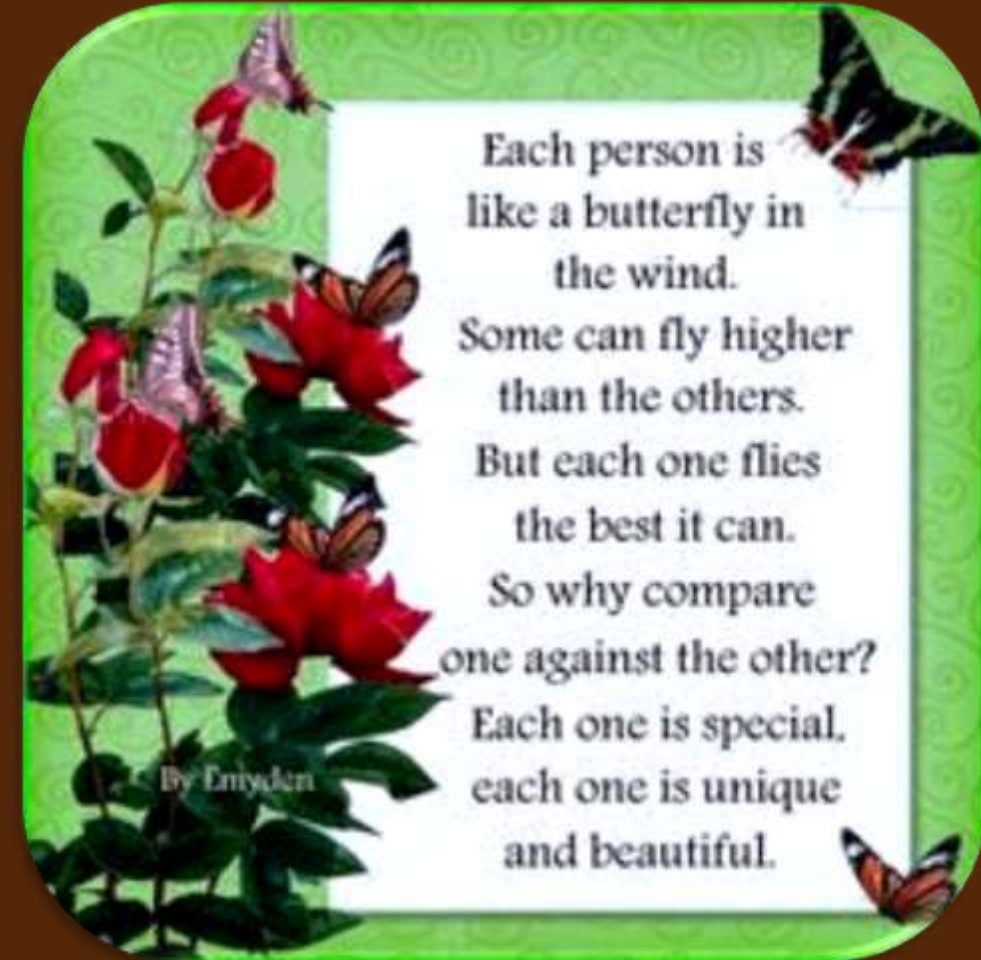
~Lorissa Joyner.



When Changes are Very Difficult

♥ Difficult or impossible circumstances we will cover...

- When unexpected events happen
- When you have regrets from the past
- When you suffer from health issues
- When recovering from an addiction
- When you don't have enough self-esteem
- When trying to change for someone else
- When trying to change your mate or other significant person in your life





Making Changes are Very Difficult... When Unexpected Events Happen

- ♥ The most difficult changes are the **unexpected!**
 - Serious change such as losing a close loved one
 - Natural disasters such as flood, fire, earthquake
 - Partner leaves you , divorce, serious health problems
- ♥ You need to determine what to do by asking, “Is this something out of my control?”
 - If so, you need to work through it to eventually accept
 - Discussion with others can help & keeps you from worrying so much
- ♥ Or “Is this something I can do something about?”
 - If yes or no, develop coping strategies
 - If yes, plan what you can do by following the 10-step program

Changes





Making Changes are Very Difficult... When You Have Regrets

- ♥ Sometimes regrets can be so overwhelming that we miss out on chances at happiness
- ♥ Living with regrets from the past is worse than worrying about the future but they're both wasted energy
- ♥ To forget your regrets...
 - Write out regrets on slips of paper
 - Put each into a balloon and blow them up
 - Let them drift away into the sky as you wave goodbye to regrets forever

Changes





Making Changes are Very Difficult... When You Have Serious Health Issues

- ♥ Maybe you had an accident and now deal with chronic pain
- ♥ Maybe you have a chronic condition such as arthritis, fibromyalgia, asthma, diabetes, anxiety, etc.
- ♥ Maybe you think your life is over now & your dreams are no longer attainable
- ♥ But just maybe some dreams you planned can be adjusted for your condition & still attainable
- ♥ And maybe some chronic conditions can improve with the right changes (See Appendix A)

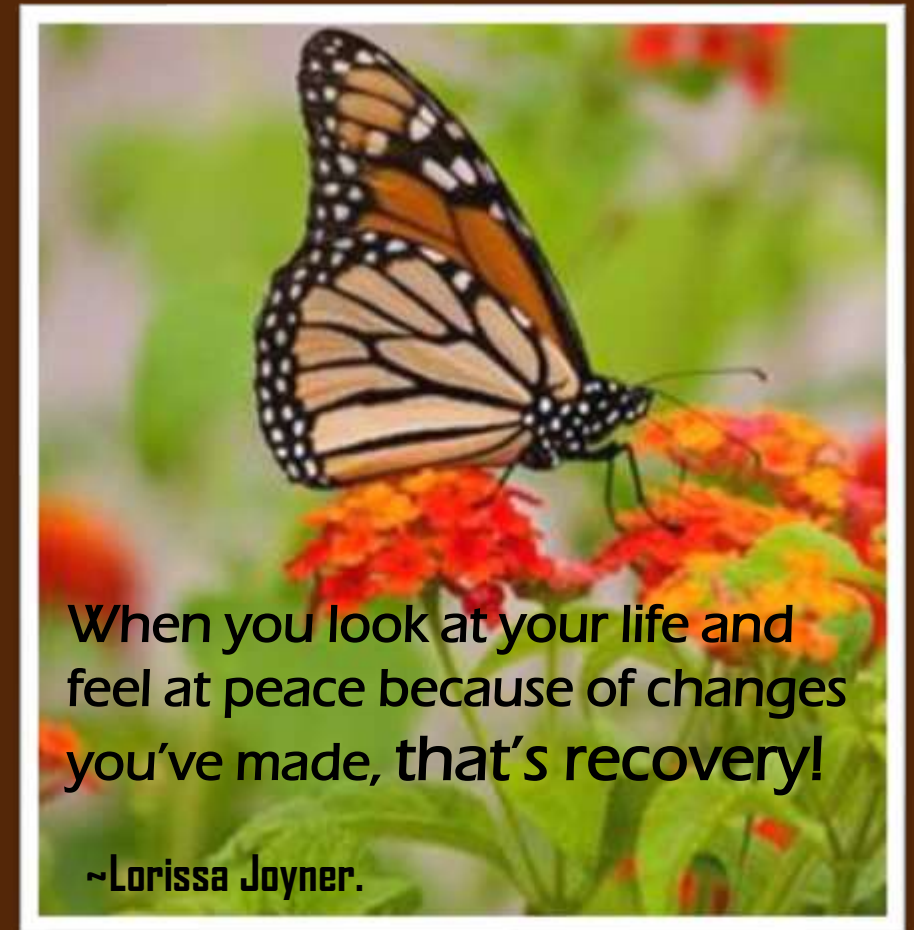




Making Changes are Difficult...

When Recovering from Any Kind of Addiction

- ♥ Recovery from any addiction takes a great deal of courage – it's like a step into the unknown
- ♥ Addiction includes drugs, alcohol, gambling, sex, narcotic or controlled substances like benzos
- ♥ Many changes are needed in order to beat the disease of addiction – it can't be done alone
- ♥ Managing withdrawal symptoms & developing coping skills is possible with the right recovery plan (email me for more information)
- ♥ If the addiction is to prescription benzodiazepine tranquilizers, go to www.tranquilizerfree.com



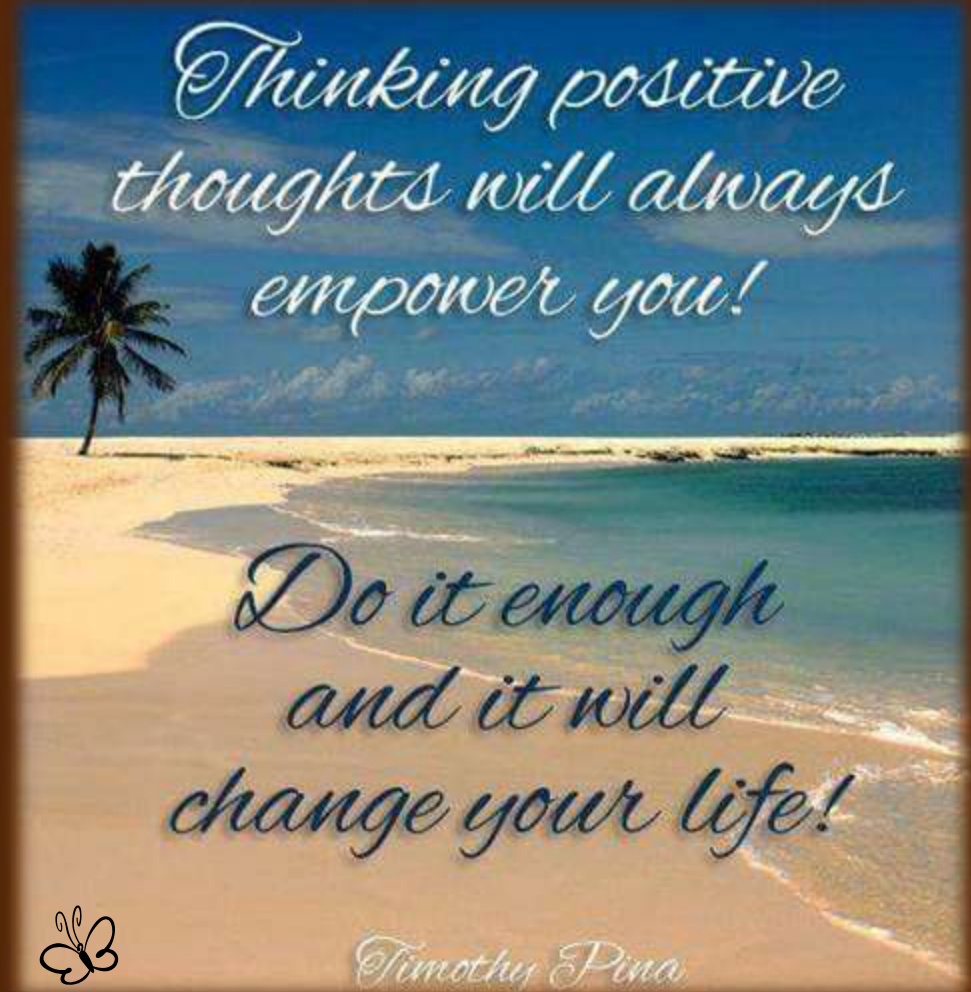
When you look at your life and feel at peace because of changes you've made, that's recovery!

~Lorissa Joyner.



Making Changes are Difficult... When You Do Not Have Self-Love

- ♥ Excessive focus on negative or less favorable events in your life can make these events seem too important because they are out of proportion
- ♥ Trying to do things perfectly & then feeling negative about yourself when you fail defeats your intentions
- ♥ Putting yourself down & wishing you were better only lead to your unhappiness and discontent
- ♥ Calling yourself “stupid” or other derogative name reduces yourself from a human to a single element of what you do not like—you are worth much more
- ♥ Making changes because others want you to does not help your self-esteem





Learning to Make Positive Changes

- ♥ Think of a small change to make that will make you feel better about yourself (such as changing your hair color)
- ♥ Write it down with steps it will take to make the change
- ♥ Wait for 3 days to do and whenever you have negative thoughts about it, review the steps needed
- ♥ On the 4th day, calmly take those steps to make change
- ♥ Even if it didn't turn out just how you wanted it, congratulate yourself and celebrate somehow
- ♥ Keep doing small changes for a month every 4-5 days and you will be ready for that bigger change!





Building Self-Confidence Helps Make Changes

- ♥ List your positive attributes for 4 wks
 - In the first week, list two - display
 - Add one every week
 - Reflect on them daily
 - Remember that each item on the list, however insignificant it may seem, is a reason you are worthy of loving yourself
 - Being around positive people who love you will help

Changes

Our wounds can so easily turn us into people we don't want to be, and we hardly see it happening...

Protect your heart:
Love yourself and be with people who love and care for you.

-Sue Fitzmaurice



Change for the Right Reason

- ♥ If you change for someone else, you won't be happy with your situation until you love yourself enough to change for yourself
- ♥ Don't make changes so people will like you...be yourself & people will like you
- ♥ If someone is forcing you to change by intimidation, manipulation, or abuse, you really must make some changes
- ♥ When someone says "You've changed" it simply means you've stopped living your life their way. Graciously say "Thank You!"

Changes

"I won't pretend to be like anyone else. I don't want to be like everyone else. Even though I was a caterpillar, I will not change who I am just to 'fit in' – I am me!"
said the wise butterfly.





Trying to Change Someone Else or Asking Someone to Change You

- ♥ If you're not happy with some attributes of your mate or other person you love, do you try to change him/her?
- ♥ Or are you in a relationship because you want them to help you change?
- ♥ In either situation, they or you cannot be changed by someone else—it is just not going to happen so why waste time trying?
- ♥ Even if you know someone that totally needs to change their life and you have their wellbeing in mind, they will probably see you as being selfish if you try to change them
- ♥ You'll never be able to change someone the way you wish because it isn't your decision to make. They must change for themselves.



You cannot change the people around you but...



you can change the people that you are around.





Don't Let Fear Get the Best of You

- ♥ Even though some of the things we've covered may be a bit frightening and keep you from making changes as quickly as you want—that's OK
- ♥ The important thing is to NOT give up!
- ♥ Hope can chase away your fears
- ♥ Replacing fear with hope can even reduce panic attacks





Failure is Impossible if you Try

- ♥ What if you fear making changes because you are afraid of failure?
 - You are not going to fail if you try – if you get through just one step toward your goal, you have not failed
 - Start out with small changes with a small number of steps to take...make it something people will notice
 - When people notice, it will motivate you to make more changes

Change can be scary, but you know what's scarier? Allowing Fear to stop you from Growing, Evolving, and Progressing.

~Mandy Hale





Look at Changes as Opportunities

- ♥ My Mom used to tell me, “The only way to get rid of those butterflies in your stomach is to face your fears!”
- ♥ You can stop the butterflies from turning into big knots by looking at those necessary changes as opportunities to better yourself
- ♥ And that’s not to say that you are not a beautiful person now—It’s just that you have endless opportunities to make your life as beautiful as you are





Learn the 3 C's Choices, Chances, Changes

- ♥ It is our power of **choices** that enables us to activate positive change in our lives.
- ♥ The **chances** that change will catch up with you at some point in your life is inevitable. There is no avoiding it because it will find you, challenge you, and force you to reconsider how you live your life.
- ♥ It's always better to make **changes** in your life when you choose to rather than being forced to because of unexpected events.

The 3 C's of life: 
CHOICES, CHANCES, CHANGES.

You must make a choice to take a chance or your life will never change.



When You Don't Know Where to Start

♥ For example...you want to:

- Find a new job
- Get a new place to live
- Find a new relationship
- Give up a bad habit

♥ You have taken the 1st step

♥ Take it slow – one step at a time

♥ Planning and preparation are necessary

♥ Follow the Suggested 10 Steps to Make Changes



The only way to make that big change is to take the first step, then the 2nd, keeping up the pace until you are running with it.



Start by Following the Example of the Butterfly's 4 Stages

- ♥ The caterpillar can change to a beautiful butterfly without planning because it goes by instinct
- ♥ We don't have instinct but can plan by using the example of the butterfly's four stages to make a change
- ♥ The 4 stages (steps) of change...
 - Egg – seeds of change are your goals
 - Caterpillar – willingness to planning
 - Pupa – taking actions to change
 - Butterfly – maintain the change





The Butterfly's 4 Stages turn into the 10 Steps For You to Make Changes

- ♥ Step 1 (a), (b), (c): Build a Change Board
- ♥ Step 2: Be Willing and Take Responsibility
- ♥ Step 3: Slow Down and Reflect
- ♥ Step 4: Make Plan of Action
- ♥ Step 5: Your Cause = Energy
- ♥ Step 6: Identify and Remove Doubts
- ♥ Step 7: Put Planned Change into Action
- ♥ Step 8: Have the Right Expectations
- ♥ Step 9: Maintain the Momentum
- ♥ Step 10: Celebrate the Change





Step 1(a): Build a Change Board (The 'Egg' – Seeds of Change are Goals)



- ♥ **Build a change board:** similar to a vision or dream board but interactive/functional
- ♥ A change board has your steps of how to reach your goal /change - seeing it every day helps bring it to life
- ♥ Use a cork or white board or just a piece of cardboard hung where you will see it a lot...put pictures, notes, plans, or anything related to your change/goal
- ♥ Use a way it can be changed/reordered such as with sticky notes





Step 1(b): Add Goals to Change Board

(The 'Egg' – Seeds of Change are Goals)



This is a sample of goals you can put on your Change Board:

Priority #	Type of Goal	Things I Want to Change	What Do I Really Want?	First Goal to Get What I Want
1	Medium-term	Low pay job at McDonald's	Better pay / tech related	Sign up for job searches
3	Long-term	Single without a girlfriend	Good match	Get out to meet girls
2	Short-term	Cavity on front teeth	A good looking smile	Save money/find dentist

Determine which goals are most important and reorder accordingly





Step 1(c): Add Detail to Change Board (The 'Egg' – Seeds of Change are Goals)



♥ Draft steps to reach most important goal:

- In notebook, make as a flow chart using a box for each detail
- Put a tentative date on each detail
- When finalized, put on your Change Board

Research
the job
you want

Date: _____

Create /
Update
resume

Date: _____

Search
online
for jobs

Date: _____

Write
cover
letters

Date: _____

Apply for
online
jobs

Date: _____

App
follow-up

Date: _____

Like a butterfly, I am
growing and changing
and finding my true
colors in life.

I am finding my wings
so I can fly and soon
be on my way.

--Unknown



Steps 2, 3, 4 (the 'Caterpillar' – from Willingness to Planning)

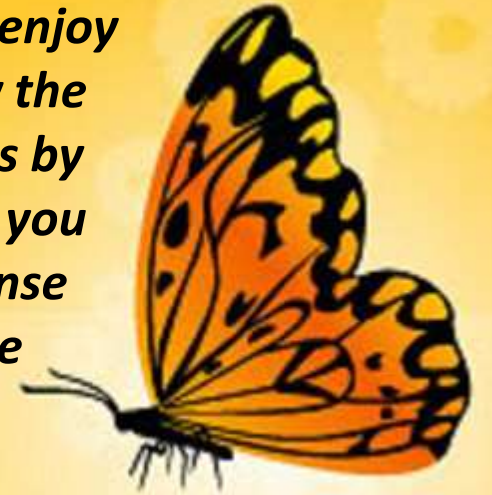


2. Willing/Take Responsibility

3. Slow Down/Reflect

4. Make Plan of Action

Slow down and enjoy life. It's not only the scenery you miss by going too fast – you also miss the sense of where you are going and why.



~Eddie Cantor



Steps 2, 3, 4

(the 'Caterpillar' – from Willingness to Planning)



♥ **2. Be Willing & Responsible:** If you aren't willing to change, then nothing in this world can make you do so. Don't blame other people for the bad things that happened or that may happen when you change. You alone are responsible for your actions. If needed, prepare what to tell others involved.

♥ **3. Slow Down/Reflect:** Take time to think and reflect on goals. If you are too busy with life, you won't have the time to think about your goals. **MAKE TIME** to reflect and plan.

♥ **4. Make a Plan of Action:** Gather all notes, drafted steps, and research and write a plan. Make a detailed checklist, study it, change details where needed, study again and practice what to do in your mind over and over.



You are at the crossroads of life. Make a Plan of Action.



Step 5, 6, 7

(the 'Pupa' stage – From Energy to Action)



5. Your Cause = Energy

6. Identify & Remove Doubts

7. Put Change into Action

We immediately become more effective when we decide to change ourselves rather than asking things to change for us.

~Steven Covey





Step 5, 6, 7

(the 'Pupa' stage—From Energy to Action)



- ♥ **5. Your Cause is Energy:** What is the most valuable thing in life to you and what most matters to you in connection with your goal. This is the source of energy you need. Write it on your board.
- ♥ **6. Identify & Remove Doubts:** Write a list of things you tell yourself that are not true but have been habit, such as “I can’t” then think of the opposite positive words to replace doubts and repeat out loud in front of a mirror for 10 times each. Do this for a few days before the big action day. This will prepare you for confrontational conversations and boost you up.
- ♥ **7. Put into Action:** You’re now ready to go through the steps of your Plan of Action. Take a deep breath, relax, and go....



Step 8, 9, 10 (the 'Butterfly' – Maintain the Beauty of Change)



8. Have Right Expectations

9. Maintain the Momentum

10. Celebrate the Change





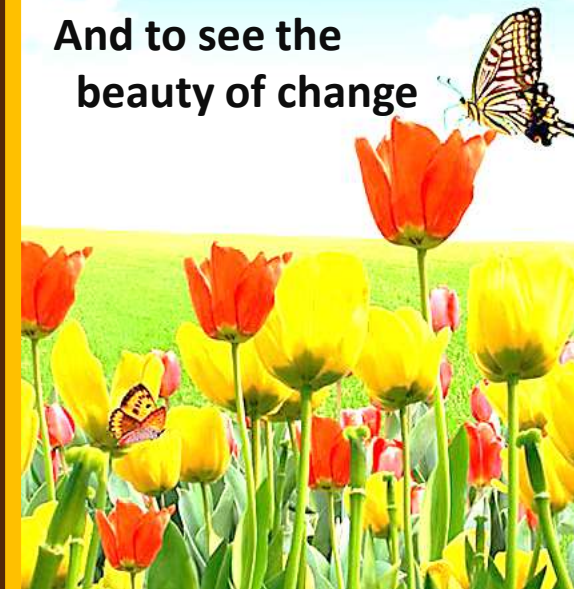
Maintain the Beauty of Change... Right Expectations & Maintenance



♥ **8. Have the Right Expectations:** Things may not look so beautiful as expected & you may get discouraged if things don't go as expected. It won't just happen without preparation, persistence, practice, and pain (the 4 Ps).

♥ **9. Maintain Momentum:** Beginning may be the hardest part but maintaining the momentum by continuing to do as planned takes the most discipline. Check off the steps completed on board to help motivate you to the last step.

Let go of the past
Embrace change
Come out of the cocoon
Unfurl your wings
Dare to get off the ground
To ride the breezes
To savor the flowers
And to see the
beauty of change



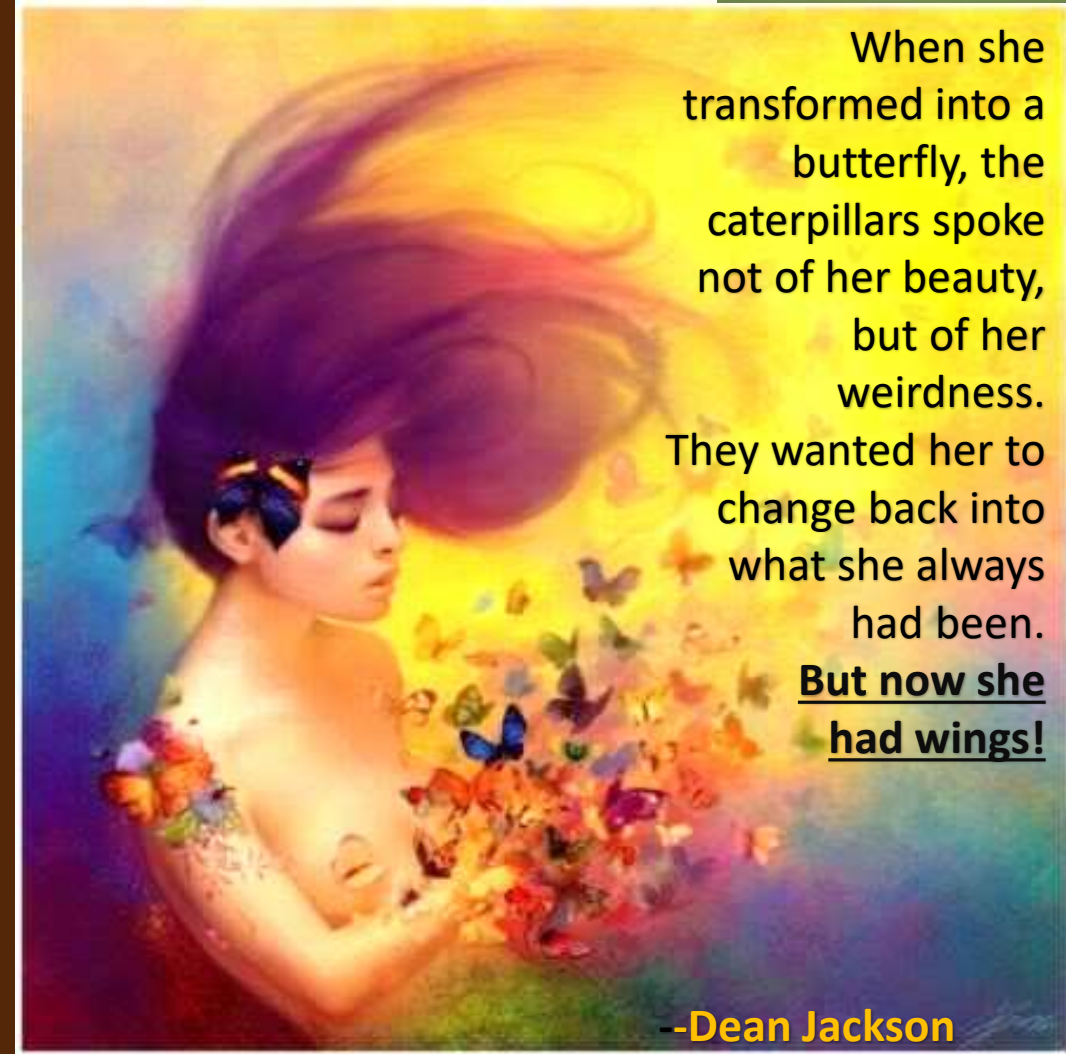


Maintain the Beauty of Change... Celebrate and Embrace the Changes



♥ **10. Celebrate/Embrace the Change – You did it!** Do something special...buy yourself a gift. Give yourself a certificate of achievement and hang on the wall. Savor the moment with friends! You have earned your wings!!

- Don't let anyone persuade you to go backward
- Embrace the changes & remember it may take time to adjust
- Keep the Change Board up to remind you until the change is a habit and part of you



When she transformed into a butterfly, the caterpillars spoke not of her beauty, but of her weirdness. They wanted her to change back into what she always had been. **But now she had wings!**

--Dean Jackson



Appendix A: Theme Song *Changes* by David Bowie



♥ Still don't know what I was waitin' for
 And my time was runnin' wild
 A million dead end streets and
 Every time I thought I'd got it made
 It seemed the taste was not so sweet
 So I turned myself to face me
 But I've never caught a glimpse of
 How the others must see the faker
 I'm much too fast to take that test
 Ch-ch-ch-ch-changes
 Turn and face the strange
 Ch-ch-changes
 Don't want to be a richer man
 Ch-ch-ch-ch-changes
 Turn and face the strange
 Ch-ch-changes
 Just gonna have to be a different man
 Time may change me
 But I can't trace time
 Mmm, yeah I watch the ripples change their size
 But never leave the stream
 Of warm impermanence
 So the days float through my eyes
 But still the days seem the same
 And these children that you spit on
 As they try to change their worlds
 Are immune to your consultations



♥ They're quite aware of what they're goin' through
 Ch-ch-ch-ch-changes
 Turn and face the strange
 Ch-ch-changes
 Don't tell them to grow up and out of it
 Ch-ch-ch-ch-changes
 Turn and face the strange
 Ch-ch-changes
 Where's your shame?
 You've left us up to our necks in it
 Time may change me
 But you can't trace time
 Strange fascination, fascinatin'
 Ah, changes are takin'
 The pace I'm goin' through
 Ch-ch-ch-ch-changes
 Turn and face the strange
 Ch-ch-changes
 Oh, look out you rock 'n' rollers
 Ch-ch-ch-ch-changes
 Turn and face the strange
 Ch-ch-changes
 Pretty soon now you're gonna get older
 Time may change me
 But I can't trace time I said that time may change me
 But I can't trace time



Appendix B: Be Like a Butterfly—Make Wise Changes

Butterfly Changes Poem

Just as the butterfly goes through stages to succeed in life,
we are also meant to go through many stages, even strife.
Struggling through each change allows us to emerge wiser,
so we can spread our wings and seek ways to help another
who is searching for knowledge and truth, praying for many a need.
Only when we pollinate others with our knowledge, do we truly succeed.
God gave the caterpillar instinct that allows it to change & take to the sky.
Let God give you the wisdom & courage to make changes like the butterfly.



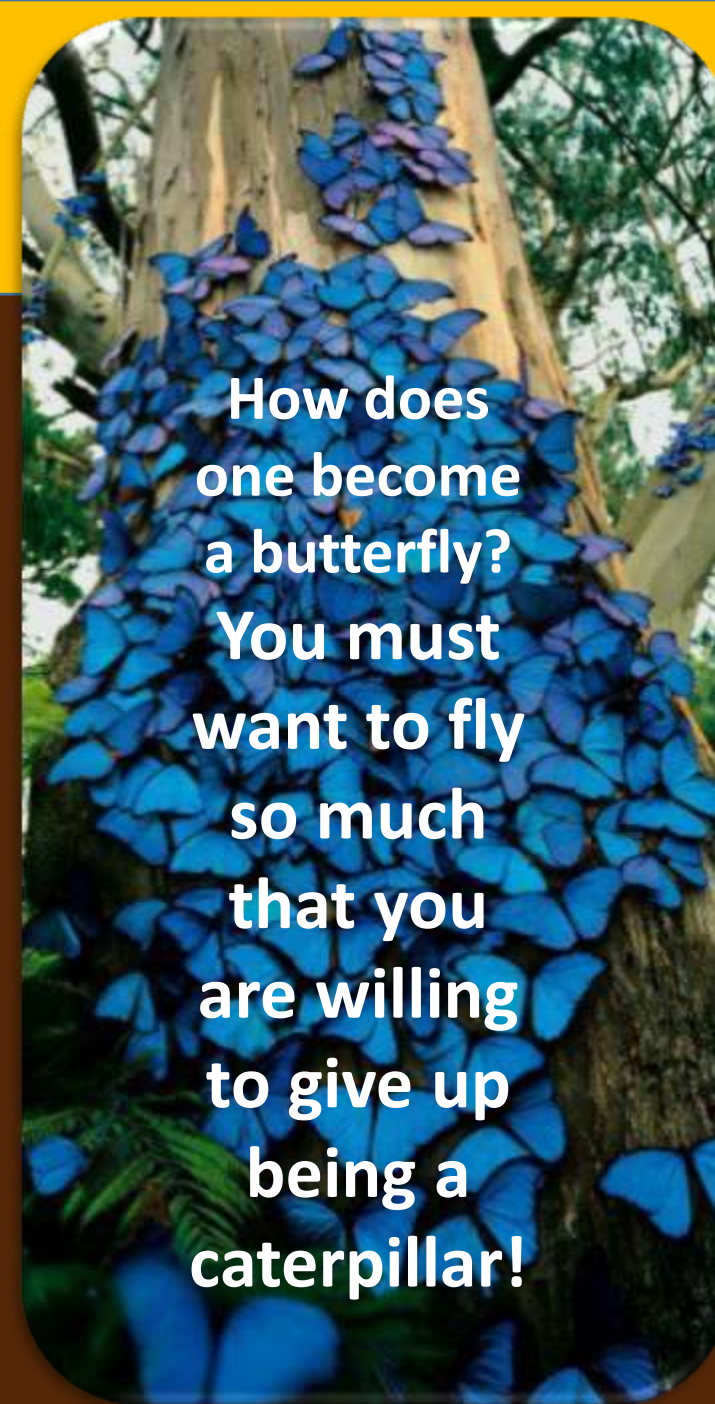
By Jessica Dumas



Resources/References

- ♥ [10 Essential Tips to Change Your Life by Donald Latumahina at www.lifeoptimizer.org/2009/02/17/tips-to-change-your-life/](http://www.lifeoptimizer.org/2009/02/17/tips-to-change-your-life/)
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- ♥ https://www.niddk.nih.gov/health-information/health-topics/diet/changing-habits/Documents/Changing_Your_Habits.pdf
- ♥ <http://www.thebutterflysite.com/life-cycle.shtml>

Changes



**How does
one become
a butterfly?
You must
want to fly
so much
that you
are willing
to give up
being a
caterpillar!**



Remember....



- ♥ Don't try to escape life's changes
- ♥ Instead go for it and...





THANK YOU!!



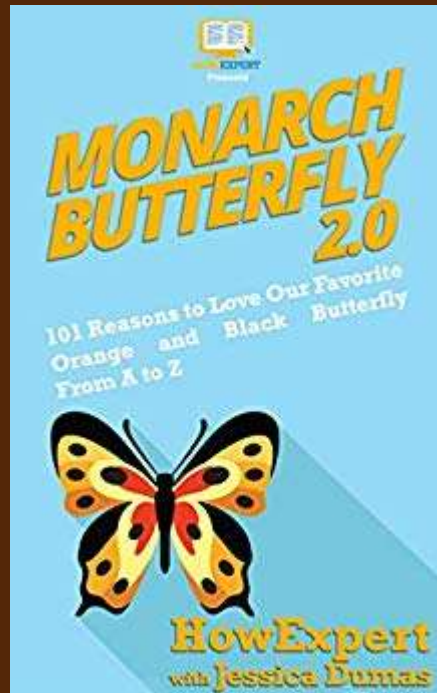
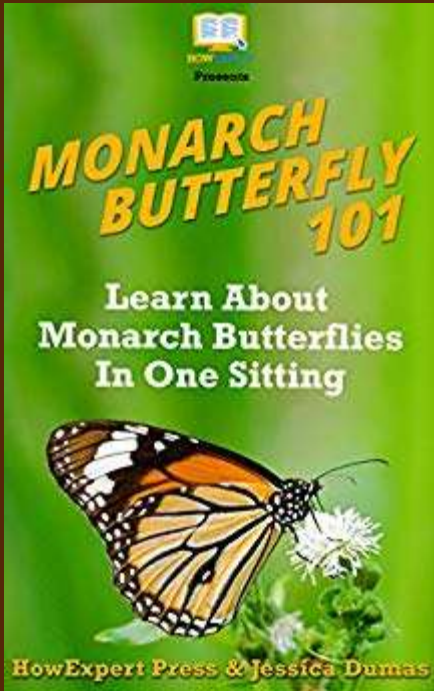
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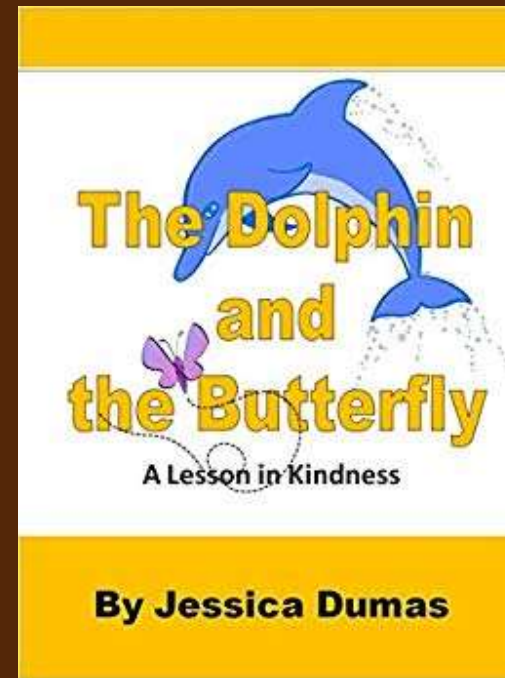
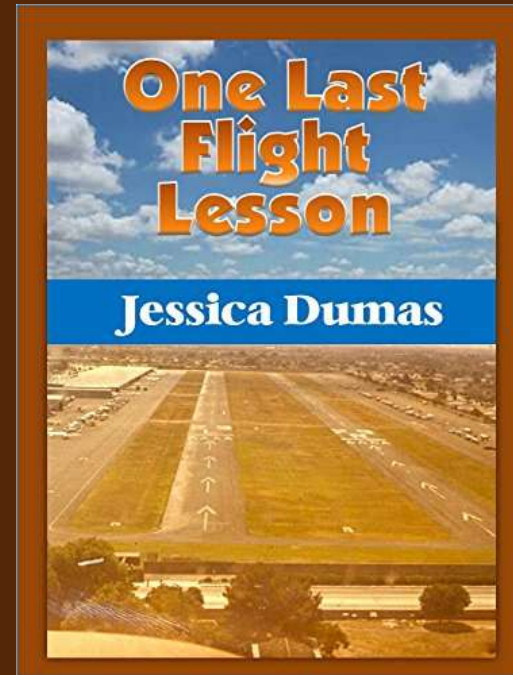
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Books by Jessica Dumas



← This book was taken from this presentation & goes into much more detail on making changes



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