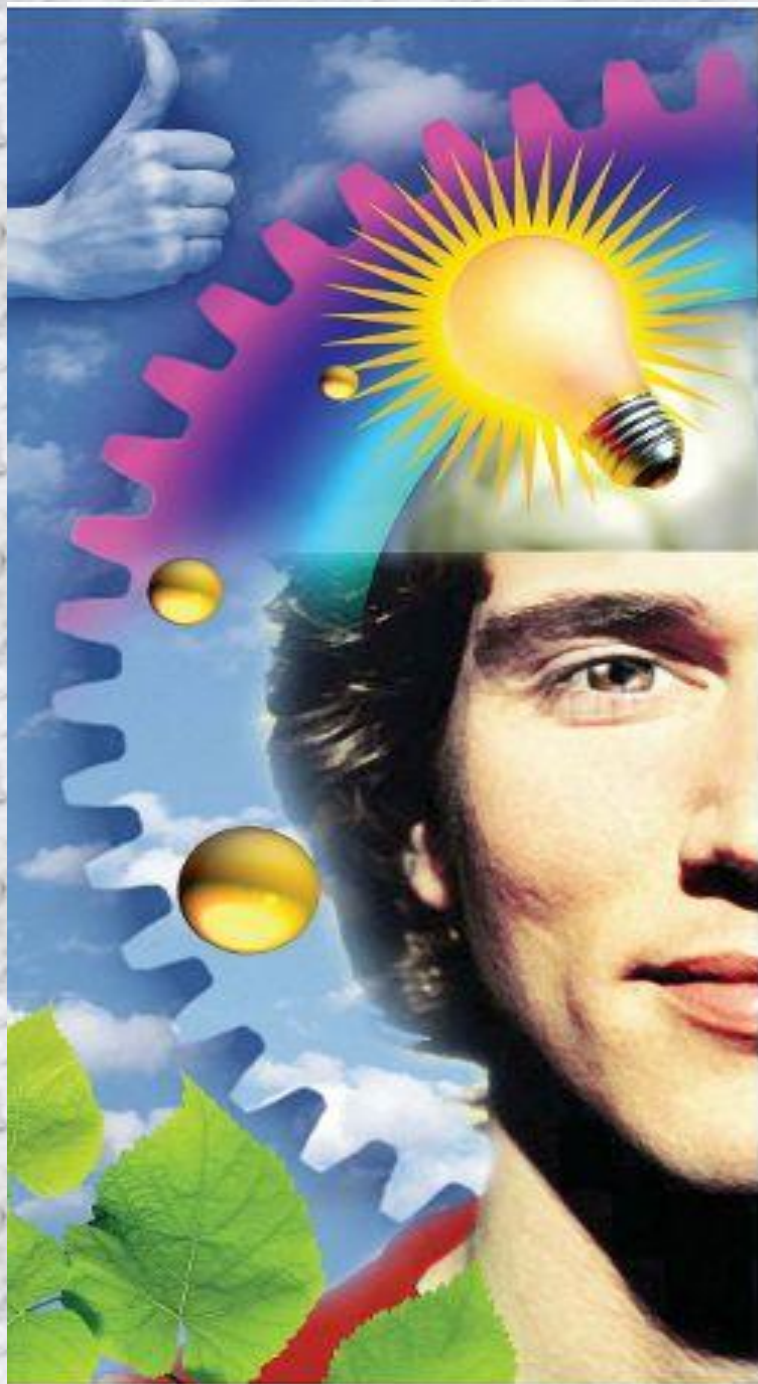


ARE YOU READY FOR CHANGE ?



RTN. DR. RANJAN GARGE
[Social Trainer]



Remember

It is not because the things are difficult that we do not dare.

It is because we do not dare , the things are difficult.













Classifying People

Type

Attitude

Big people

Talk of Ideas

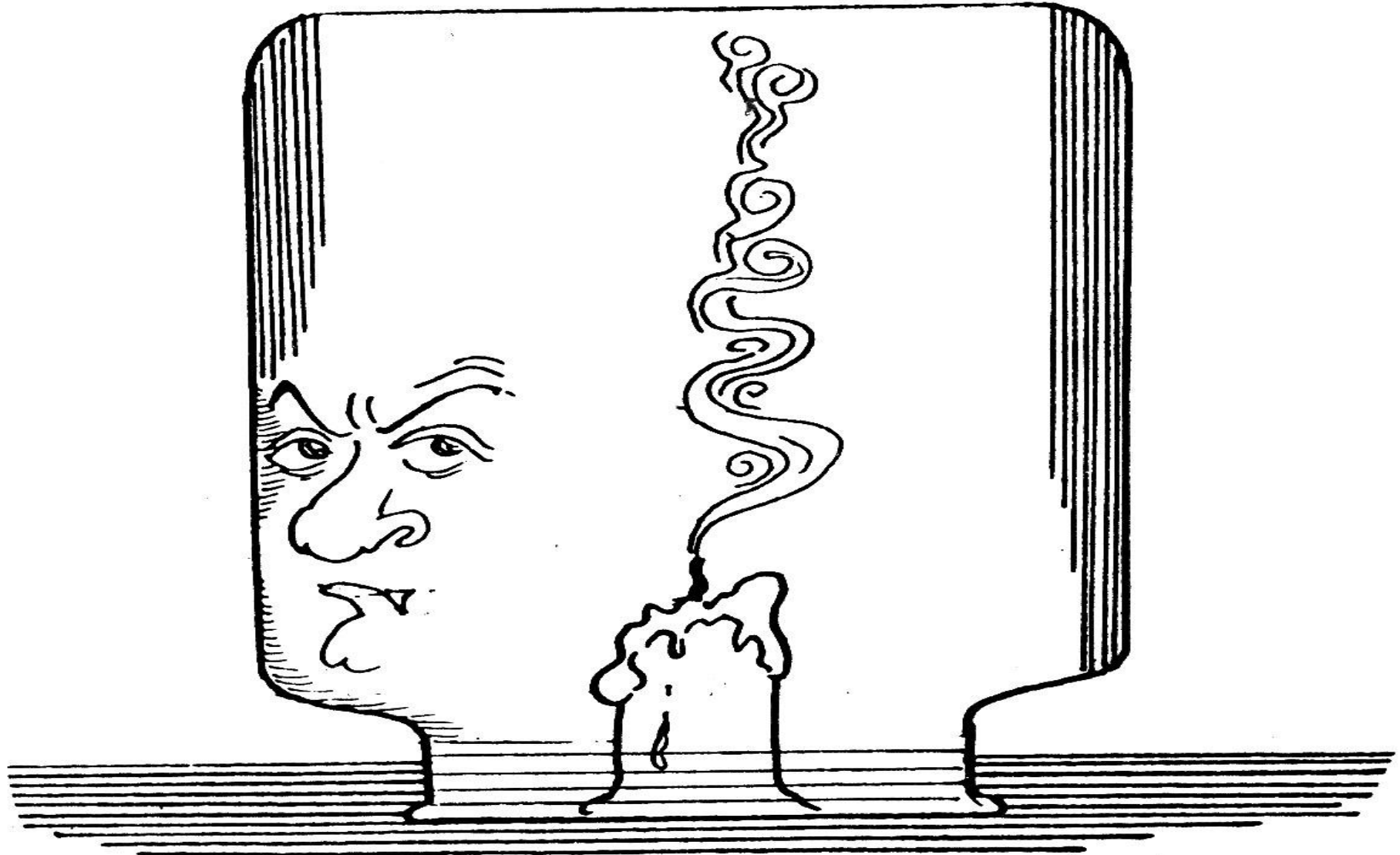
Average people

Talk of Events

Small people

Talk of People

Nothing Dies Faster
Than A New Idea
In A Closed Mind



PEOPLE CAN BE YOUR ASSET ?

Machine Biggest asset

Money Biggest asset

Man Every man is different

People can be your biggest ASSET

Or can be your biggest LIABILITY

Personality complex

1 Physical Self

2 Emotional Self

3 Intellectual Self

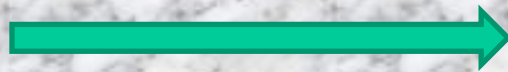
4 Spiritual Self

5 Social Self

Rule No 1

**Men are disturbed not by things
But the view they take with them**

Poverty

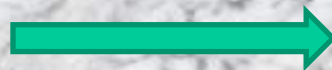


Backwardness

Rule No 2

Events are impersonal and Indifferent

Failure in Examination



Suicidal tendency

Rule No 3

Understand what you can control and what you can not

Stepping down to lower position

Rule No 4

Your will is always in your power

Acquiring any good habit

Rule No 5

Reason is supreme

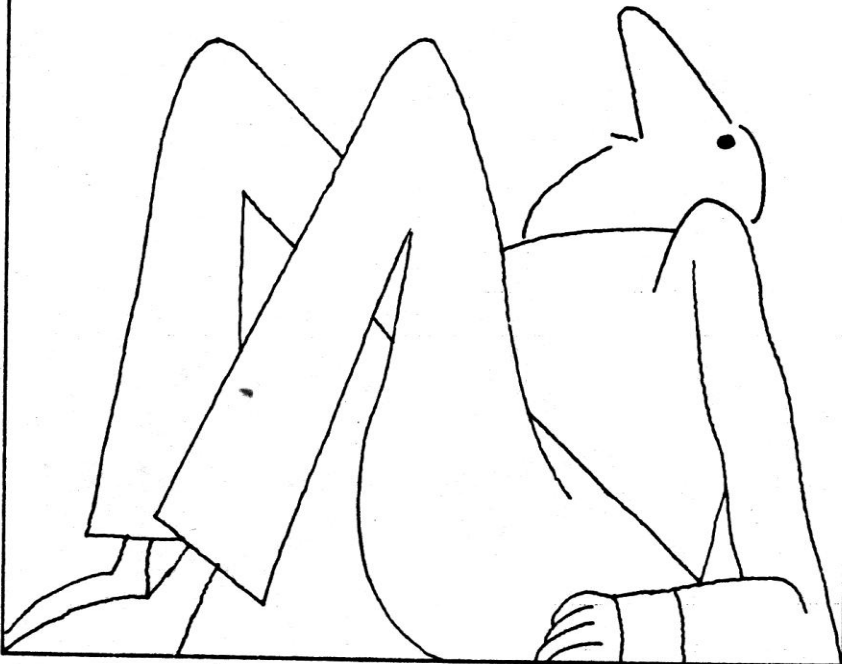
Solution lies in the problem itself

*Shivaji should be born in
neighbour's house.*

“The rest of the world should change first”

NO !

THINK...
OUTSIDE
YOUR
BOX!



**You must be the change
you wish to see in the world**

[Mahatma Gandhi]

Change results in to stress

Even people who say that they need and love change , can be stressed by it after a certain point

*Someone else should
change:*

**Most of us spend much of our
lives waiting for someone else
to change so we will be
happier , free and more
successful.**

OUR ATTITUDE !

Most people go through four stages

[On line Examinations]

DENIAL

**I do not believe that this change
is necessary or that will work**

RESISTANCE

- **I absolutely refuse to do as I have been instructed in light of the change**

EXPLORATION

- **I want to learn more about the change , review the pros and cons and determine the implications of the change**

ACCEPTANCE

- **I think this change is working , as I think about it , I even think it makes a lot of sense.**

***HOW TO INCREASE YOUR
ABILITY TO CHANGE ?***

Dispel preconceived ideas
for learning more



POSITIVE SELF TALK

When you change your
THINKING

You change your
BELIEF

When you change your
BELIEF

You change your
BEHAVIOUR

WHEN YOU CHANGE YOUR
Behavior

You change your
ATTITUDE

When you change your
ATTITUDE

You change your
PERFORMANCE

When you change your
PERFORMANCE

You change your
LIFE

Now that you know the answer...

WHAT WILL YOU DO ABOUT IT ?

**The least that you can do is to share
this message with those who care**

Choose differently

This begins with knowing that you choose to be where you are right now professionally and personally , and you choose your current work attitudes and life style. So you always choose more positive attitudes towards the necessary transitions in your life.

ASK FOR HELP !

Have a humility and willingness to ask for the help you need. You are not expected to know everything. So read a book , Hire a consultant, take a course. Then take daily responsibilities for current choices and new results.

HURT ENOUGH FOR CHANGE.

- "Invite pains and postpone pleasures"
 -
 - Former addicts call this
 - "HITTING BOTTOM"
- If the life you are now leading has any pain in it , that pain is usually a good motivator to cause you to look at thinking , being and doing differently. When you are sufficiently uncomfortable , you might be ready to use next key

NEVER QUIT

- Negative thoughts and beliefs are often part of mindset. So you must keep on *One day , One idea , One change at a time.*

GRAB ONTO THE NEW , LET GO OFF THE OLD

- Letting go is harder than hanging on. For change to be real and lasting , you must make a decision , a commitment , to let go of your old ways of thinking , doing and being and relating.

EMBRACE A NEW WAY

Find some joy in it to persist. It is just like starting an aerobic or an exercise programme. Find actions and attitudes you truly enjoy , so you will be able to continue enthusiastically for more than three weeks. 21 days is a time it takes to install a new habit. It is your responsibility to make the new way as positive as possible for yourself and your dependants.

STOP PLAYING VICTIMS

Do not blame the past , present and future or whomsoever else you want to blame. Do not blame the environment around. No one did this for you. Serve others , surround yourself with positive supportive people and be a creator.

Change is the only constant

Policy [Autonomy , COL]

Culture [LPG in business]

Arrangements [Unforeseen situation]

Beliefs [politicians are corrupt]

Methodology [inductive]

Change is the only constant

Mind set [ego]

Life style [Morning walk]

Attitude [Social]

Situation [Things happen
differently in similar situation]

Working style[Computerization]

Thank you

**Forum is open for
discussion**