

# The 9 Principles of Change

Taken from the book, *The First 30 Days: Your Guide to Making Any Change Easier* by Ariane de Bonvoisin

## 1. Positive Beliefs

People who successfully navigate change have positive beliefs. Your biggest need right now is to develop new beliefs: about yourself, about this specific change, and about life in general. Nothing will have a bigger impact on the way you move through change.

## 2. The Change Guarantee

People who successfully navigate change know that change always brings something positive into their lives. Every change has a gift associated with it. While it's natural to find change hard it's important to remember that there are two sides to every coin and that *from this situation, something good will come*. This is by far the most important belief to have while adapting to any new change.

## 3. The Change Muscle

People who successfully navigate change know they are resilient, strong, and capable of getting through anything. You are much stronger, much smarter, and much more intuitive than you have ever been told. You are more resilient and more powerful. Once you truly know and believe this, you will be able to get through any change – even the hardest one you can imagine or are facing.

## 4. Change Demons

People who successfully navigate change know that every challenging emotion they feel is not going to stop them and will guide them to positive emotions that help them feel better. Negative emotions can stall us, making change harder, while their antidotes can help us move through a change in a simpler, quicker, and more conscious way. No emotion is personal, permanent or pervasive.



[@arianedebonvoisin](https://www.instagram.com/arianedebonvoisin)

## 5. Acceptance

People who successfully navigate change know that the quicker they accept the change, the less pain and hardship they will feel. Let go of complaining and blaming and the way things should be. Go from saying No to a change to a Yes.

## 6. What you can Control

People who successfully navigate change know the difference between what they can and cannot control.

You can control your mindset and psychology, the state you show up in and your actions. And you can control the stories you believe, the language you use and the questions you ask yourself.

## 7. Your Spiritual Connection

People who successfully navigate change know they are connected to something bigger than themselves. When everything around you is changing, look for the part of you that doesn't change. The part that is calm, centered and always there. Take time to cultivate that in your own unique way. And remember that contribution is the real key to all fulfillment.

## 8. Your Change Support Team

People who successfully navigate change are not alone; they surround themselves with people who can help, who have the right beliefs and skills. And they create an environment that supports their change. One of our biggest flaws as human beings is that we keep thinking we are alone. Whatever the situation, there is always, always someone who can help.

## 9. Taking Action

People who successfully navigate change take action.

They have a plan and know how to take care of themselves. Actions come in many forms. Some are big and obvious; some are so small you may think they are irrelevant. But any good action you take is a choice to move forward. The best action is always to take care of your health. Remember the SEED of all change: Sleep, Exercise, Eating well, Drinking (Water!)

More at [arianedebonvoisin.com](http://arianedebonvoisin.com)



[@arianedebonvoisin](https://www.instagram.com/arianedebonvoisin)