

Jonathan Leeming

Tomorrow Today

understanding today to build a better tomorrow

Take Away Message

There are many challenges in the world today. So many, that it can be difficult to focus upon the big things, that if we can solve, will uplift the human experience back to a level when the future was considered an enticing place to live.

- Change is going to happen whether you like it or not.
- Focus upon identifying which stage of change you are in, rather than an on and off switch.
- Work through the stages of change as fast as possible.
- Once you get to acceptance, have a goal and focus upon taking small steps towards that goal.
- Change provides vision and purpose to our lives. Something we desperately need today.
- Change forces us to step outside our comfort zone. This is a massive catalyst for self development.
- Change will happen anyway. You can take advantage of it, or waste your time and energy fighting it.

Change is not a single giant leap into the future, but rather as series of small steps towards where you want to be. Moving through and experiencing the 5 stages of change is perfectly normal and healthy, just don't get stuck in the process.

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